

The light amāra

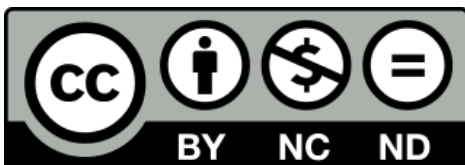
Brought down by
Shivananda Bharati

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*I dedicate the book to all seekers of truth
who are in reality the very truth they seek,
sparks of the one and only Supreme God
Om Guru Sakshath ParaBrahma*



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Guru Sakshat ParaBrahma



Shree Krishnum Vande Jagathgurum

Table of Contents

[Introduction](#)

[Shri Ambarisha Varma](#)

[The functions of the Rishi worker](#)

[The nature of the work of a Rishi worker](#)

[Activities of the Rishis](#)

[The descent of the soul and the ascent of the soul](#)

[Rishis](#)

[The Saptarishis](#)

[Brighu Maharishi](#)

[The first meeting](#)

[A worker of Saptarishis](#)

[The descent of the worker](#)

[Persona of AMARA](#)

[Descent of Vishwamitra Maharishi and Parashurama](#)

[AMARA and his mission](#)

[Susheela Bai](#)

[Mudhamma\(Madhu\)](#)

[Maitreyi](#)

[Experiences](#)

[Sathish's experiences](#)

[Puttaraju's experiences](#)

[Eshwar's experiences](#)

[Shivananda's experience](#)

[Questions and answers](#)

[1. Question: Tamas Samadhi - what is it? Sometimes when sleepiness overtakes one enters a Samadhi state instead of sleep, could this be termed Tamas Samadhi? Is there also Rajas and Sattva samadhi? What are their differences, benefits and uses?](#)

[2. Q: Papa, Punya and Karma - what is their relation? Karma can be overcome by will most times, but sometimes does it just have to be endured? For example one has witnessed mantras just being forgotten temporarily or the mind just becoming cloudy and incapable. Is there a way to overcome these even at such a stage?](#)

[3. Q: Why do some people have physical ailments or diseases due to Kundalini shakti? A mild example was Ramana Maharishi, who had a](#)

head that wouldn't stop twitching from side to side, which he likened to a large elephant (shakti) entering a small tent (human body). Is the human body incapable of holding infinite amounts of Shakti? What can be done to prepare the body?

4. Q: Can there be anything done, like exercises to prepare the body if there are any Kundalini problems?

5. Q: The tombs of famous saints like Sai Baba, Shri Aurobindo, Bhagawan Ramana still emit their very powerful presence - does this mean they have not yet merged with Brahman? Do they still partly live in their bones? What is the source of this energy, is it pure Brahman?

6. Q: Once Adi Shankara was very sick. He had a visitor who had come from very far, who urgently needed his advice on an important matter. Adi Shankara's disciples explain to him that their master is very ill, shivering with fever and delirious and cannot possibly see anyone at the moment. The visitor pleads that he must see their master urgently. This goes on for some time. Hearing this commotion Adi Shankara calls for him to come inside the hut. When the relieved man enters the hut he sees that Adi Shankara is perfectly fit and lucid, completely unlike the image that had been painted for him by the disciples. The man has a long conversation with Adi Shankara on a complex and important topic.

and nearing the end of their conversation the man though satisfied, is yet unable to contain his curiosity anymore and asks, “I’ve noticed since when I came in that you are totally fit, contrary to what I was led to expect, and at the same time there’s a wooden seat in the corner there that has never stopped rattling. What is the mystery?”. Smiling, Adi Shankara replies that there was a Parabhda Karma - in this life his body had to go through an illness, but seeing the urgent need of the visitor, he had temporarily transferred the fever to the wooden seat - which was therefore rattling. Can Karma indeed be transferred like that to inanimate objects?

7. Q: When a Mercury Lingam (rasa lingam), idol, stone or other object is consecrated with an energy, it emits it constantly for years. In a sense it comes alive. Does this mean it has become a life of its own? Do such idols and lingams also have karma, rebirth and so on?

8. Q: How is spiritual (shaktipata) or other life energies including trauma and less beneficial energies transmitted through audio, video and even photographs? You can find many videos on youtube where they claim to send healing energy. Is it a material energy - that is, is it mixed in the light and sound, or does it operate non-materially? Can this ever be automated?

9. Q: There are scientists who believe, and also you can find such videos on youtube, that generate alpha waves, beta waves, gamma waves, binaural sounds and other computer generated sounds that claim to bring meditative states or calmness. Can we reduce this consciousness to something purely material?

10. Q: But does that mean no temple has any sanctity, or sannidhyam? Why do people go to Tirupati over any other temple? It obviously seems to work better for people.

11. Q: Then why do people go to Kashi, Ganga, the triveni sangama or to Kumbh Mela? Does this have no meaning?

12. Q: Does Vibhuti from a temple, the prasadam, or Ganga jal carry any energy?

13. Q: There are the small pyramids in South America where they are not even complete pyramids, but pyramidal platforms. Where these where the Gods would descend? What was their purpose?

14. Q: There is a theory made popular by a certain guru that the mantra “Brzee” to invoke Maha Lakshmi was revealed by Sage Vishwamitra to the world after 1200 years of meditation. How true is this?

15. Q: What is the reason for the traditional importance of accurate prayer, puja and meditation times? Or for mantras to be chanted in a certain meter, like Anushtubh chandas. Why do we have these protocols and prohibitions?

16. Q: In Turkey there is an archeological site called Gobekli tepe which is an underground dwelling for maybe about fifty thousand people. it is carved out of stone and has reinforced doors and other chambers that some archaeologist and scientists have theorized may have been an early form of nuclear fallout shelter. Nobody knows who built it or anything about it. Do you think this is possibly by ancient Rishis? That in the past we had such provisions?

17. Q: If the Earth is a spiritual body with the various lands being represented by the 112 Chakras, then would each region's inhabitants be benefited by practices connected with their local chakra? Will there be a time when the inhabitant of each land will be in touch with the appropriate practice for him or her?

18. Q: If all this is already predetermined does that mean that nobody makes any invention, there is no free will and there is no effort by oneself?

19. Q: What's the difference between an Avatar and a Yogi? Why must a Yogi struggle with

tapas when an Avatar can do the same much more easily?

20. Q: But then, why do yogis say that a realised being is greater than even God?

21. Q: Why do sages get angry? Vishwamitra Maharshi is famous for getting angry?

22. Q: What is the best mantra for the new age if at all there is one?

23. Q: Since silence is supreme, why do we say that Aum is supreme?

24. Q: What is the best method to protect ourselves from negative energies in today's world?

25. Q: How does this apply to Yogis who are in silence for years together?

26. Q: Could you please explain the meaning of Om Tat Sat?

27. Q: Are spiritual practices necessary even after enlightenment?

28. Q: Are there levels of enlightenment? Several spiritual traditions seem to grade degrees of realisation, what is the most relevant approach in today's time?

29. Q: Maharishi Mahesh Yogi had enumerated several states of consciousness such as cosmic consciousness, Unity consciousness, God consciousness etcetera and so too in Theravada Buddhism there are four stages of enlightenment.

30. Q: How does one recognise enlightenment? Is there a physical change or is there some kind of cosmic event or visual image? What could be said to be the moment of enlightenment?

31. Q: What is the origin of the 144,000 light workers or Rishi workers? Did this happen at the same time as creation, or did this come later? Will this evolve over time?

32. Q: Why are there always only 144,000 workers? Shouldn't there be more or less depending on the current human population of the Earth?

33. Q: What is the correct way to pay obeisance to the Sapta Rishis? How can we invoke their guidance and support in our lives?

34. Q: Can all human beings become enlightened - that is, are there any who will never realise it? What about the souls who have come from Para Brahma Loka and those who have not?

35. Q: But then, will that be a barrier to enlightenment?

36. Q: Is it always two thirds of creation or is it only now?

37. Q: Can human beings create a God or deities? What is the yogic process of creating them?

38. Q: Then why is that that famous Saints like Adi Shankara have created deities like Kanchi Kamakshi?

39. Q: Do deities take on karma? How do they help those who pray to them to rid their negative impressions?

40. Q: Is there a karmic cleanliness requirement to attain samadhi? Some of the varnas should not attempt samadhi it is said, they should only do nama japa and so on.

41. Q: What was the reason for the creation of the varna system?

42. Q: What is the fastest way to clear one's karma in this age?

43. Q: How will one know if one has surrendered fully like that?

44. Q: And that is also enlightenment?

45. Q: What is the utility of amulets, charms, gemstones and other astrological or religious devices that ward off evil?

46. Q: What about Rudraksha Malas, spatika malas, and other natural beads and crystals?

47. Q: Then why is it that after 1974 that wasn't a huge wave of people turning spiritual?

48. Q: Could you speak about the Tower of Babel, I have heard there are similar stories of a single unified tongue in Akashic records?

49. Q: Why can we not all just be given this capacity to understand each other's thoughts, and then we will all be honest? Why is it not given without effort like the other senses?

50. Q: You've mentioned that the Kali Yuga can support physical bodies for 120 years, then why is it that some great spiritual beings like Swami Vivekananda, Adi Shankara left the body rather early?

51. Q: What is the right thing to do in the face of chronic and terminal disease? Should we accept the modern invasive medicine that keeps us alive at great effort, or should we accept the early end?

52. Q: How is it that some Gurus can bring people back from the brink of death?

53. Q: What must one do to leave the body voluntarily in samadhi - that is choose the time, date and place of death?

54. Q: In Hinduism and Jainism there is the practice of fasting unto death namely prayopavesha (Hindu) and sallekhana (Jain). It is said to provide spiritual merit, especially when one is old and weak.

55. Q: What is the purpose of marriage?

56. Q: But then how does one become Ardhanareeswara?

About the book

This book is an attempt to reveal the greatness of my Guru Shri Ambarisha Varma who lived from Feb 1, 1919 till Aug 25, 1982.

To describe his activity and personality is not in the scope of people who abide in the realms of *Maya*, yet we make a small attempt to describe the indescribable. On the physical plane he was the Desai of Kaujalgi Samasthana which had under its wings Dharwad, Gokak, Belgaum, Saundatti and many such districts.

On the spiritual side he chose to call himself a worker for the Saptarishis.

His work under the Rishis was multidimensional. He performed both physical activity on Earth and astral work in multiple dimensions - related to human life upon this Earth.

This information is being revealed to the world as willed by Shri Ambarisha Varma or AMARA as it is the hundredth birthday of his descent on the Earth.

Acknowledgements

I thank every member of the organization who has participated and contributed in bringing about this book. We have a band of silent workers who take care of the day to day activities in the ashram. I am not mentioning names because we are given to understand by our Master AMARA that all of us are one family under the wings of Rishis. This is called Vasudeva Kutumbakam. Thank you.

Jaishree Ram

Shivananda Bharati (Anand)

Introduction

Our country Bharatha Varsha is a very sacred land. It has been walked on by many great masters and sages. You have to understand the earth has a face, that is Bharatha Varsha, that is why Maha Meru, the brain is in the Himalayas. The heart of the earth is in Egypt, below the Pyramids, it is called *Shaishumara Chakra*. Like in every individual his actions are governed by the intelligence in his brain and the feelings in his heart. Emotion and intelligence has to be properly blended and balanced. The world cannot exist with only one thing, so also in life.

Now the Rishis, each Yuga they tune the Maha Meru to disseminate ideas for the new age. Now we are in Satya Yuga from April 14, 1974 onwards. So the Rishis have tuned it to give out the Satya Yuga ideas and everything automatically changes. The Rishis are performing multiple activities in many dimensions in order to bring about the change. Now here, Shri Ambarisha Varma is a worker for the Saptarishis, that is how he liked to present himself. And his persona is so magnificent, so magnanimous, so great, and so voluminous that we

cannot present it in a book, and yet because it the hundredth year of his descent on this Earth we are giving a small bird's eye view of his persona.

He lived whatever he spoke, so, how do you describe the life of a sage, you can take it, he was literally a sage, though by birth he was a Kshatriya, he had all the qualities of a pure bramhana, and to describe him it would run into thousands of pages. Now for the sake of understanding of the world, we will cite certain events and examples in his life and the way he conducted himself for people to know how to conduct themselves.

Now, the Rishis whenever they give a principle they also give an example. Here, our master, Guru Shri Ambarisha Varma, whatever he spoke, he never ever said I am saying this, I am doing this. I won't say humility, for him humility is an understatement. When he gave initiation to us he said, 'I am just a worker for the Rishis, the Rishis are your guides. In the path of the Sapta Rishis, Shri Krishna is your Guru'. This too, the Rishis declared Shri Krishna as Jagat Guru because when Veda Vyasa Maharishi was there on Earth all the learned people went to him, asked him to be their Guru and guide them, he said "'No'. At this point of time there is a Poorna Amsha of Maha Vishnu on the earth he is Lord Shri Krishna.". "Which Krishna?" they asked, as

everyone who was dark was named Krishna, and he gave the shloka,

वसुदेव सुतं देवं कंस चाणूर मर्दनम् ।
देवकी परमानन्दं कृष्णं वन्दे जगद्गुरुम् ॥ १ ॥

vasudeva sutam devam kamsa canūramardanam |
devakī paramānandam kṛṣṇam vande jagadgurum
|| 1 ||

vasudeva sutam -- son of Vasudeva; devam -- the divine; kamsa canūramardanam -- killer of Kamsa and Cānūra; devakī paramānandam -- one who gives great joy to Devakī; kṛṣṇam -- to kṛṣṇa; vande – praise, salutations; jagadgurum -- to the guru of the universe;

I offer my obeisance to Lord Kṛṣṇa, the beloved son of Vasudeva, who killed the great demons Kamsa and Cānūra, who is the source of great joy to Mother Devakī; and who is indeed a world teacher and spiritual master of the universe. (1)

Source: || śrī kṛṣṇāṣṭakam ||

And he added the injunction - he remains to be the Jagat

guru until somebody of my stature comes and declares someone else to be the Jagat guru. So far nobody has come and declared anyone else as Jagat guru.

So we take in the path Shri Krishna as our Jagat guru.

This book will consist in the first half of three portions:

- What he was as a person
- What is his mission; what he did for the Rishis and the world, and what he told his disciples to follow
- And, experiences of the disciples who have seen him and those who have not seen him

This is followed by a section consisting of answers to spiritual questions of a sadhaka - answered by the Saptarishis.

Shri Ambarisha Varma

Among the great beings who have walked upon the earth, Shri Ambarisha Varma, fondly addressed as AMARA by Vishwamitra Maharishi was one of the very great order. But all great beings, they understand they are only reflecting the Brahman - so they never want any advertisement or recognition for their own individual name, because they recognise they don't exist individually.

As a persona of him, his name was Shri Ambarisha Varma, he is from the Samasthana (Royal House) of Kaujalgi, Karnataka. The Kaujalgi Samasthana had Dharwad, Gokak, Belgaum, Hubli, Saundatti and other areas under its governance. It fell under the Bombay Presidency of the British Government in India, and so taxes were paid in Bombay. They also settled disputes and dispensed justice in exercise of their ancient powers. He had a younger brother who passed away at an early age, so he was the only son and heir to remain. At the age of 14 he got connected to Vishwamitra Maharishi and he joined the fold of the Rishis as a worker for the Sapta Rishis on Earth.

He was settled in Bangalore for quite some time, and most of the work he has done has been astral, but some of it was physical. Now we will cite some of his activities for the understanding of the readers.

The functions of the Rishi worker

By 12 midnight he leaves his body and reports to the Rishis in their headquarters for work assignment. The Rishis have 144,000 such workers on the Earth at all times. Daily activities and work assignments are given to each of their workers.

The nature of the work of a Rishi worker

The Sapta Rishis are overall in charge of the Bhoo Loka group of Earths. The Bhoo Loka is not just our Earth, there are several solar systems in the Bhoo Loka and in every solar system there is an Earth where there is life going on, and each Earth is in a different age. For example, now we have completed Kali Yuga and Satya Yuga is going on. Now, there can be Earths where they are already in deep Satya Yuga, or Treta Yuga or Dwapar Yuga. Rama Avatara and Krishna Avatara can be happening simultaneously. So that is why when you speak of God you say, “*Akilandakodi Brahmaanda Nayaka*”, ruler of the innumerable worlds. For all these

the Sapta Rishis are in charge, and the workers assigned by them can be active in all the dimensions.

In further pages we will list the activities done by the Rishis.

Activities of the Rishis

Now the activities of the Rishis may seem very bizarre to the world because we are not aware of them. The understanding of humanity is that the Rishis are things of the past, they are people who have existed previously in the *Purana kala* (Puranic times). *Purana* is *itihasa* - *itihasa* means history, it is historical, it is not mythology.

Let us take the personality of Mahatma Gandhi: if you ask the younger generation, they will likely not believe it entirely as of today, even though there are still people alive who have seen Mahatma Gandhi. Now, when what has happened one century ago is hard to believe, then what has happened millions of years ago will not be easy to understand.

It is important to understand that humanity is not progressive - it is a circle. Like the seasons, there is a time for everything, and it is a cyclic order. Now the Sapta Rishis, they are eternal beings, they are not a thing of the past, they are always available. It is not that they

are here now and not there tomorrow. Many of them will descend onto the Earth whenever it is required. Every time they are there, they present the truth to the world required for that time frame. Some of the examples of their descent are Albert Einstein, Sir C. V. Raman, and A. P. J. Abdul Kalam.

Rishis are givers of light, because of their core nature and agenda they know that they are doing the work that was assigned to them by the Supreme God through Maha Vishnu, so they are operating silently. They are eternal beings. They are our original guides. We came from Para Brahma Loka down to the Earth. So Para Brahma gave them special powers and injunctions - the injunction from Para Brahma to the Rishis was that they will bring us back to Para Brahma Loka safely. However he also said that they should not force us to come back. We are free to experience the manifested creation to our hearts' content, and once we are done, then the Rishis can bring us back to Para Brahma.

That is the paradox. The seven sages were born along with us on Earth in the first stage.

The descent of the soul and the ascent of the soul

We were souls in Para Brahma Loka which is the highest of the worlds, it is infinite. Para Brahma's structure and form there is Pure light, without any source.

Here on Earth, in a room you have a light available only with a light source like a lightbulb. There it is not like that, there is light everywhere.

We as souls were sparks in that light. Our condition was always perennial bliss with vision to infinity in all directions. We were experiencing everything along with Para Brahma, as and when he was experiencing it. We were never created, we were always there. Then it occurred to Para Brahma to bring out a manifested form of creation, so he brought out a part of his being as Para Shakti, the Divine Mother. From her womb came out millions of galaxies.

At that time she was the only form available in space, there was no other. She was perplexed, She created another being, the four headed Brahma whom we know.

She asked him to be his companion and consort, so that they could manage the cosmos together. He replied that since she had created him she was his mother and therefore he could not be her companion and consort. This form of Para Shakti was only 11 years old, not yet 12. She did not understand his reply, so she reduced him to a heap of ash.

Then she created Maha Vishnu, he also replied in the same manner. He was also reduced into a heap of ash. This activity of hers was being watched by Para Brahma above. Then when she wanted to create again, he himself came as Eshwaran. She immediately proposed that they become companion and consort to manage the cosmos together, and he agreed at once.

Next, he asked her about the two heaps of ashes. She explained that they were his brothers who had been reduced to ashes because they had refused to obey her. Eshwaran then made the case to her, that since he had agreed, she ought to bring them both back to life, and this she immediately did.

Then he explained to her that in the form and energy that she possessed, she existed as a Colossus. These beings created by her were not her equal. There is no question of being a companion or consort to Para Shakti, so if she would appear in a minor form, as suitable energies for

them, they could each take a companion. This she understood, and so she brought out the Tri-Devis, Durga, Lakshmi and Saraswati.

The first four worlds were shaped like an inverted pyramid. The first Loka was occupied by Para Shakti or Devi, the next was Eshwaran, next was Maha Vishnu, and then Brahma. This formed one pyramid. These were first occupied. Now the creator, Brahma had started to create, and Maha Vishnu had the job of managing this creation.

The word Vishnu is self explanatory: *Vishwa+Anu* - everywhere+atom - One who is everywhere is Vishnu. Atom and Atma are synonymous. Like in every atom is Maha Vishnu, every *atma* is totally Maha Vishnu. That is why he says in the Bahagavad Gita, 10.20:

अहमात्मा गुडाकेश सर्वभूताशयस्थितः ।
अहमादिश्च मध्यं च भूतानामन्त एव च ॥ १०.२० ॥

aham ātmā guḍākeśa
sarva-bhūtāśaya-sthitah
aham ādiś ca madhyaṁ ca
bhūtānām anta eva ca

Synonyms

aham — I; ātmā — the soul; guḍākeśa — O

Arjuna; sarva-bhūta — of all living entities; āśaya-sthitaḥ — situated within the heart; aham — I am; ādiḥ — the origin; ca — also; madhyam — middle; ca — also; bhūtānām — of all living entities; antaḥ — end; eva — certainly; ca — and.

Translation:

I am the Supersoul, O Arjuna, seated in the hearts of all living entities. I am the beginning, the middle and the end of all beings.

*(Source: Bhagavad-gītā As It Is,
A. C. Bhaktivedanta Swami)*

Now Eshwara is incorrectly presented as the destroyer, which is not true. He is not a destroyer, he reconstructs. He removes ignorance and provides wisdom. Thus started the creation, this process took 15 million years in space, in terms of our earthly time.

Since we were souls with Para Brahma, we immediately knew whatever was taking place. We expressed our desire to Para Brahma that we would like to move to the manifested creation, especially the Bhoo Loka, to experience it. Because we were multi billion in number,

we selected seven amongst us to represent us to Para Brahma.

Para Brahma accepted the proposal and gave the seven special powers and the responsibility of taking us into creation and returning us back in one piece. Para Brahma has no gender, there is no he or she, there is only Para Brahma.

Having got the permission, we proceeded to the first world, the Devi Loka. There everything is structured as gems, spectacular gems, gems of Himalayan proportions. Self luminous gems. We were there for quite some time as we experienced that world to our satisfaction.

When we left Para Brahma Loka, Para Brahma said “I will give you a protective sheath or cover called Anandamaya Kosha, or bliss body, so that wherever you are, whatever be the circumstance, you will not suffer, you will always remain in bliss, as if you were in Para Brahma Loka”. So we descended into Devi-Loka with this bliss body.

Having been in Devi-Loka for sometime and having experienced all that it has to offer we requested Para Shakti for permission to proceed further towards Bhoo Loka. Then Devi said “what you have been given, the Anandamaya Kosha is enough for this world but to

proceed further you will need an additional facility. I will give you the Vijnanamaya Kosha. This Vijnanamaya Kosha has got data about everything that I have created and will be created in the future. This will help you to understand my creation.”

So having accepted the Vijnanamaya Kosha we lost the vision above, but we could see all around, forwards and backwards, and below. We did not mind this loss of the vision above, as we were excited to see creation in further detail. We were eager to experience Bhoo Loka.

We passed through Vaikunta, Kailasa and Brahma Loka. These worlds are similar worlds, which are in the form of an inverted pyramid. Finally when in Brahma Loka we sought an audience with Brahma. We asked Brahma for permission to proceed further to Bhoo Loka.

Brahma replied, “Thus far you have travelled through spiritual matter, now you are going to enter the world of materials. You will need a further protective layer that will protect you while in matter. Before I give you the Manonmaya Kosha I would like to enumerate its properties.

This Manonmaya Kosha has got the physical blueprint of the body that you are going to get on Earth.

It can stretch to infinity. It can only accept the experiences required by the soul. Any extra experience will remain as residue on the outside.

Be very careful about this. Now when I am giving it to you it is clear and transparent. Crystal clear like space. It has to be returned back exactly as handed over to you on your way back.

When you get a physical body on the Earth, and you experience through your senses, you will get a warning whenever you exceed the limit of what is needed and necessary. Anything in excess will accumulate as a residue on the outside. Your visibility will be impaired with the build-up of residue.

Do you consent to this?"

In our eagerness to experience Bhoo Loka we agreed to all the terms and conditions and so we were given the Manonmaya Kosha.

When we accepted the Manonmaya Kosha we also lost our capability to look back. We could only see forwards and below.

With this we passed into the first of the material worlds, Satya Loka, which was another pyramid like structure. From there we passed onto subsequent worlds in the

realm of matter. As we passed through each of the worlds the Lords of each Loka put a stamp on our Manonmaya Kosha, like a Visa stamp.

Finally we came to a place in the center of Bhoo Loka. The Brahmananda, two sets of seven lokas (14 lokas), is about 18 billion light years in span.

We came to about several miles above the Earth and found we were unable to descend further. Since our vision was to infinity we could see the mountains rivers and all the other features on Earth. So we requested the seven people who were in charge of the eight directions, who are blessed with special powers, to find out how we could proceed further.

They contemplated and realised at once that this Earth plane was managed by the *ashta dikpalakas* (guardians of eight directions). Immediately they invoked the Lord of the East, Indira.

Indira appeared at once, and promised to help us. He explained, “You are souls, smaller than an electron, even with the addition of the Anandamaya Kosha the Vijnanamaya Kosha and the Manonmaya Kosha you lack the necessary weight to enter the Earth's atmosphere. In order to be attracted by the gravity force of the Earth you will need to gain weight. Therefore I

will take you to the Lord of the Southern direction, Yama Dharmaraja, who will give you the necessary weight.”

We then travelled 9 billion light years in the southern direction. Since we were multi-billion souls rushing in the southern direction Yama Dharmaraja could see us coming on his Akashic screen. Since we are children of the Supreme God a grand reception was arranged.

Yama Dharmaraja told us that he has a device shaped like a silver cord that he would attach to each of us in order to give us the necessary weight to descend into Earth.

He further added that we are each a Jeeva composed of Anandamaya Kosha, Vijnanamaya Kosha and the Manonmaya Kosha. This silver cord will connect us to the physical body on the Earth. With the help of the silver cord which can stretch to infinity we would be able to travel anywhere in the 14 worlds and return to our body on Earth. Whatever we experienced would be recorded through the brain on to the physical body.

We understood and accepted the arrangement.

Yama Dharmaraja further explained that this device would be given to us by a department called *Chitragupta*. Chitra is Picture, Gupta is secret. That

energy which secretly impresses every thought, word and deed is Chitragupta. It is not a person, it is a principle.

Having accepted, we obtained the silver cord. We were once again reminded of the conditions under which we had left Para Brahma Loka. Of our promise to Brahma to return the Manonmaya Kosha intact. We were asked to look in the Akashic mirror and see how the Manonmaya Kosha would have to be returned spotless and blemish free. Just like one returns a rental car.

In our eagerness to experience the physical body and the Earth we accepted.

From there we returned to the place from where we had journeyed in the centre of the Brahmanda and began our descent into Earth.

The Darwin's theory holds good for the very first batch of people which was from the ape to the earlier forms of man. That 15 degree shift took several million years. This book refers to a later stage in human evolution. The present physical body is a perfected human body.

Indira accompanied us on our descent into Earth. A few miles above Earth we were obstructed by the clouds. Indira created thunder and lightning. We stuck to the raindrops and entered the soil. We were then consumed

by the plants and vegetation on Earth. Which was subsequently consumed by the human beings as they ate the fruits and vegetables.

The silver cord is made such that it can only enter the male bodies. And so we entered the male body.

For the soul which is smaller than an electron the bloodstream is like an ocean. For sometime we were pumped up and down along with the bloodstream. In our agitation we invoked Para Brahma and we asked, “Why are we stuck here? We are stuck in this red liquid and we are going up and down”.

Para Brahma replied, “Do not worry, as you go downstream, there is a place near the testicles which is the chamber where you can get off. On Earth there is a practice called marriage. The *garba* (womb) is given as *Dana* (offering) to the semen. Through the semen you will enter the feminine womb, and there you will find all the necessary prerequisites to prepare the physical body. Working off the blueprint in the Manonmaya Kosha you can prepare the physical body and experience life on Earth.”

And accordingly we followed the path to the womb. The *Shanthi Muhurtham* or the wedding night is also called

the *Garba Dana*. The *Garba* is given as *Dana* to the soul in the male body.

When the soul is in the womb, and the physical body is prepared, it is not yet in the physical body. The Jeeva watches the beauty of the preparation of the physical body and observes all other things. The Jeeva is active and alive, though it is outside of the physical body. The Jeeva hears the heartbeat of the child in the womb and all the other things experienced during pregnancy but the soul is still outside.

The Jeeva invoked Para Brahma once again and said, “O Para Brahma, I have prepared the physical body but I am unable to enter into it, please help me!”

Para Brahma replied, “This will be the last time that you communicate with me, once you are inside the physical body you will lose all contact with me.

When the body of the baby is delivered, Suryanarayana who is the Lord of the solar system will give you the Jeeva, the Prana Maya Kosha. When the first breath is taken you will enter the physical body and take a place near the heart and experience this world to your heart's content. Whenever you are ready to return you may return to me.”

With this injunction Para Brahma gave us the physical body.

When the child is born, the first cry is the entry of the soul into the physical body. If the child does not cry the midwife will pick the baby up and hang it upside down and pat it on the back. With the first opening of the lungs the soul enters the body along with the Prana. And then the child begins to cry and move its arms up and down. Why? It is the soul trying to come out of the body. In the womb it was free to go everywhere but now it is imprisoned in the body. Slowly realisation dawns on the Jeeva that it is now in the physical body and then gradually life goes on.

Whatever we experience in the world comes under five categories.

1. Nada (sound)
2. Sparsha (touch)
3. Rupa (forms and shapes)
4. Rasa (taste)
5. Ghanda (fragrance)

When we have to go back we leave in the reverse order.

A child can recognise odors only after the other senses have been developed. Otherwise the unpleasant smell of stools and vomit would disgust the infant. Hence in the

pooja room, the first act is to light an incense stick, and then we offer some flowers, and then we offer the Prasad. We reverse the order in which we first experienced the senses.

We were born on Earth in this manner, and the seven sages also called the Saptarishis were also born with us. When the silver cord snaps we die and we find ourselves in Yama Loka. There everyone is tracked like an account in a bank and the karmic balance is reviewed.

For example, having been on the Earth we experience a grape for the first time. For the soul, the taste of the first grape is enough, eating a bunch of grapes is not necessary. For the soul there is no time. The mind allows the experience of the first grape to go through it, it is not disturbed. When we are not satisfied and continue to eat the whole bunch of grapes now that is accumulated as obstructions on the Manonmaya Kosha. Similarly we accumulate residue with each of the five senses, this residue is called Karma. Down the line, when this residue increases to such a degree that the soul loses sight of who it is, of its origin, then it becomes imprisoned in the system of its own choosing. Then the mind and intellect take over and conduct the individual's life as a prisoner.

The 7 Saptarishis were in the same physical body as us. Everytime the silver cord is cut we are taken to Yama Loka where we are reminded of the means to return, by wiping the residue on the Manonmaya Kosha. The facility to wipe the residue is only available in the physical body. The stamps which were put on the Manonmaya Kosha have become the *Chakras* in the physical body. They have two functions, they will wipe out all the residue on the Manonmaya Kosha and allow us to shoot back to Para Brahma Loka. So we are advised each time to go back to the physical body and not experience anything in excess and then once we have cleared our Manonmaya Kosha of residue we are free to return to Para Brahma Loka without having to stop in Yama Loka. Yet, everytime we come to Earth we add more *karma*, and we get further embedded in the cycle of birth and death.

Everyone is trying to become something which he is not. When you try to become, you will be coming again and again. Simply *be*, there is *nothing to become*.

Rishis

The world of today understands the term Rishis as enlightened beings who occur in the Puranas. Now for the sake of understanding of today's people we would like to explain more.

The term Rishi means givers of light.

This creation is a projection of Para Brahma in space, which appears gross and dense, is governed by certain cosmic principles and a silent rhythm of *Omkara*.

Huge rivers have many tributaries that though not huge on their own, join the river and make the river huge. Likewise, many human beings took upon themselves to learn the mysteries of this creation and its aspects. They delved deep within and discovered many truths, these were compiled and termed as Vedas.

The Rishis are known as *mantradrishitas*. In their process of seeking, they saw that the sound energies were located all over this Earth at different points. Collectively the wisdom that dawned was compiled and presented to the world, they are classified as Vedas and what is available

today in this world is only 1/100th of what was assimilated by the Maharishis.

In our world many people get a PhD in various fields, and once they attain, they are addressed as Doctors. Likewise, the Rishis are super scientists who have delved deep into the mysteries of creation and brought it forth for the benefit of humanity.

The Rishis were originally on this Earth, but upon attaining Rishi-hood they ascended to a higher realm called Satya Loka where only truth prevails. They chose to be there for the main reason that, in that world (Satya Loka) there is no Karma and the time is similar to that of Earth. However, their one day is one year on our Earth.

They are eternal beings. The Saptarishis and a band of many great Rishis are waiting to help any individual who wants to attain this Rishi-hood. The Rishis whenever ordained by the Supreme God descend on Earth from Satya Loka and discharge their duties for uplifting the humanity. A few well known names are Albert Einstein, A.P.J. Abdul Kalam, Sir C.V. Raman and many more.

The Saptarishis

They are the seven souls who descended along with us in the first descent, endowed with special powers from Supreme God to help us conduct ourselves back to Para Brahma Loka after having experienced this manifested creation.

They were Brighu, Angirasa, Atri, Vasishta, Pulastya, Pulaha and Kratu MahaRishis.

In the puranas the names of Bharadwaja, Jamadagni or Vishwamitra are also included in the order of Saptarishis. The reason is, the office of a Saptarishi is occupied by different people at different points in time, like a committee. When the Kundalini Shakti of the Rishis gets depleted they will go into tapas for a long period of time, and another will take their place as a Saptarishi.

We have the Saptarishis governing the Bhoo Loka because it is the seventh Loka as we descend down. Here everything is governed on the principle of seven. For example, seven continents, seven oceans, seven days of week, seven *swaras* of music, seven *Chakras* of the

physical body and seven births for the process of liberation and the spiritual practices change every seven years like the school syllabus changes.

So, it is necessary to follow the methods and practices applicable for this timeframe, and this is revealed by the Rishis through their workers who are 144,000 in number all over the Earth. They work very silently without any advertisement and affect and impact the consciousness of human beings.

In an organisation when you find someone is hardworking, silent and smiling, and achieves all success and does not cultivate any ego for his achievement know that he is in touch with a worker of the Rishis. And anyone else in the organisation who will try to interact with that person, and learns some tips, and emulates the same, they too will automatically come into the fold of Rishis and be guided to manifest their full potential and elevate the humanity to higher levels.

The system propagated by Rishis is called Sanatana Dharma, it is not a religion. It is a code of conduct, a user's manual that tells us how to operate the five koshas and get the best from this world and leave it enriched; with all the inbuilt enshrined skills. Now we would like

to tell the descent of one of the Sapta Rishis in the next chapter.

Brighu Maharishi

In the forest of Naimisharanya (present day Uttar Pradesh) where the Rishis regularly gather, there is a continuous discussion about different branches of sciences addressed by different sages and heard by other sages in audience. Once a sage was discussing astrology, and he brought out a natal chart on the screen with planets in different positions. He declared to the assembly that anyone having this kind of planetary positions in their horoscope will be responsible to bring down a great noble soul. One of the sages in the assembly brought out the natal chart of his son which matched the configuration shown. Then collectively all the sages assembled asked the sage to also reveal the natal chart of the girl he has to marry. The respected sage derived the horoscope of the girl after analyzing the horoscope of the boy, and placed it before the assembly. One of the sages in the assembly then brought of the horoscope of his daughter which was matching the display.

The next question that arose was, now that we have identified the two, let's also fix the right muhurta for the

wedding and nuptials. The sage presented the date for the wedding and the date for the nuptials. But the surprising thing was the date fixed for the nuptials after the wedding was 20 years away.

The wedding was performed with all Vedic rituals in the assemblage of sages with all benediction of the sages. The couple took a vow of pilgrimage till the date of nuptials so that they may not commit any error driven by natural impulses.

In their pilgrimage they reached the twentieth year and they were in the ashrama of a sage, and the sage arranged the necessary facilities for their nuptials and also requested the couple to be in the ashram for few months. The couple agreed.

In three months time when the pregnancy was confirmed the couple took the blessings of the sage and continued their pilgrimage. A time came, when the lady was in an advanced stage of delivery, and they were in a forest in Madhya Pradesh near Bhopal. A village chieftain seeing this couple declared that, “Today is *Mahalaya Amavasya* and there is an Eshwara’s shrine deep in the mountain top, where you will be blessed with a great soul.”

This direction by the chieftain was taken as a declaration by Supreme God for they were to deliver a noble soul.

They proceeded deep into the forests with the chieftain and elders of the village. They were almost near the temple in the deep forest.

When all of a sudden the husband pleaded to his wife, “I am very thirsty, I am not able to take another step, please bring me some water”, and so saying, he sat down under a tree unable to proceed further. The lady, the epitome of all righteousness moved further and climbed a small hillock to see if any water bodies were around. From the top of the hillock she could see a lotus pond half a mile away. She waded gently into the water body, and scooped up water in a lotus leaf folded as a cup and began gently walking back.

As fate would have it, she was sighted by the tribals of the forest who had the practice of offering a human sacrifice on *Mahalaya Amavasya*, once a year. Sighting this lady in advanced pregnancy they thought it a blessing to give two souls as a sacrifice to the Lord. They were one hundred in number.

The lady started running to escape. Alas, how fast can a lady in advanced pregnancy run? So she hid herself behind a bush growing under a huge tree and wondered to herself, “What an irony this is, we were brought into union by the blessings of sages, and here I am carrying this noble child in this womb and being chased by the

tribals to sacrifice.” She was silently lamenting, and started praying to God to help her. The she heard a strange soft voice speaking from her womb “Mother, why are you seeking somebody’s help to take care of you, I am there”.

The child came out of her womb and looked at the hundred tribals who were chasing this mother and just by the child’s mere glance and a smile the hundred people were reduced to ashes and they were liberated. This child was Brighu Maharishi.

This shows the power of righteousness and Brahmacharya. Similarly were all Saptarishis born at different circumstances and different points of time.

The first meeting

In the Month of August 1974 on a Sunday I happened to be spending some time with some of my friends playing cards. During that period I overheard a friend of mine speaking to a new acquaintance. The conversation was about one Shri Ambarisha Varma who was a worker for the Rishis and the subject was about Kalki Avatara, and that he has already been born in Shambala Grama in the year 1924. This kindled my interest and I asked my friend to introduce me to the new person. The next day around 4 o'clock I happened to go to a friend's general stores shop where we normally met in the evening.

At that time my friend remarked that three of the people we had met yesterday had just left to meet Shri Ambarisha Varma. He recommended that I go down to the bus stop, and if they are there I can go with them. I reached the bus stand and parked my bicycle at a medical store which belonged to my father. At that time, I was working as a tool and dye-maker in NGEF. My new friends were still waiting at the bus stop for the bus, so I joined them. In a few minutes the bus number 07 to Jayanagar arrived and we boarded the bus. It took around

45 minutes to reach Jayanagar 4th Block bus-stand. From there we walked down to the abode of Shri Ambarisha Varma, 5th Block Jayanagar and the name of the house was “*Mathrushree*”.

We entered the abode and we were welcomed with a smile by Shri Ambarisha Varma. We were asked to be seated on the sofa and he asked us to have prasadam. We were taken one by one into the pooja room, and when my, turn came, I was seated in front of Shri AMARA. A flower from the idol of Krishna dropped down, he picked it up along with two bananas, he handed it over to me with these words, “This is not the first time we are meeting, I suppose you know ”. I replied, “Sir I know I know you, but I have no idea how”.

I then then asked him to initiate me in the *Saptarishi Marga*, to which he replied, “Come on the 25th August, by around 10 o’clock in the morning”, to which I gratefully agreed.

On the 25th of August I was at his abode by around 9:50 AM. I was welcomed with the same smile, and prasadam was first offered, then he spoke about the descent of soul and explained that the purpose of meditation or initiation is to ascend back to our eternal home of Para Brahma Loka.

He said, “The Rishis are not yet here so I will answer any questions about the path of Rishis.” I said, “I had a dream the previous day night that I had gone to a Himalayan region was seated on a rock near a huge beautiful lake with lot of shooting stars in the sky and the full moon reflected in the lake and I saw lotus buds in the lake blooming to full bloom right in front of my eyes”. Listening to this experience of mine, Shri AMARA expressed that the lake was Mansarovar and the lotus appearing and blooming is an indication that your spiritual life has begun.

After sometime he announced, “the Rishis are here please come into the pooja room and they will initiate you. He declared that in the path of Saptarishis, the *Saptarishi Marga*, the Rishis are your guides and Lord Shri Krishna is your Guru and I am a worker for the Rishis.”

After few moments the pooja room transformed into a vibrant energy field and he remarked that, “Vishwamitra Maharishi is here, he will initiate you”.

In the *Saptarishi Marga* the Rishis activate your Kundalini Shakti by giving their kundalini as in Kaliyuga the kundalini is zero. Now that Satya Yuga has commenced from April 14, 1974 the Rishis are giving a special type of meditation by which the entire journey of

ascent from *Mooladhara* to *Sahasrara* will be complete in 5 years time and this is the shortest method to reach in this age. The day I got initiated was August 25th 1974 at 10:24 AM. From then on there was no turning back.

A worker of Saptarishis

We must understand this manifested creation of Bhoo Loka is governed by the Saptarishis as they have taken upon themselves the responsibility of guiding the entire humanity to experience this world in a proper way and comfortably go back to Para Brahma Loka. Now the question arises where is the need for the workers?

You see on our descent from Para Brahma Loka towards the Earth when we acquired the Manonmaya Kosha in Brahmaloka we had promised Brahma the creator that we will return the Manonmaya Kosha in the same condition as It was handed over to us, spick and span, which has already been mentioned in this book. The seven persons whom we had designated to seek permission from Para Brahma to descend to the Earth to experience this manifested created were born along with us upon this Earth. They remained in the first physical body which they acquired for a longer time for they heeded to the warnings given by Manonmaya Kosha not to indulge in excess in any of the five senses. But most of us indulged in excess and were subjected to birth and rebirth several times. A time came when these seven special beings whom we know as Saptarishis had to give up their bodies. They requested all of us to come saying,

“we will teach you a simple process of meditation by which you can wipe out the Karmic residue in your Manonmaya Kosha (the excess experience not required by the soul given through the senses form as a residue on the surface of Manonmaya Kosha which gradually became dense and impaired the visibility of the soul). But all of us said that we are not satisfied with the experience upon the Earth, and we would like to remain here for a longer period. Thus the seven special beings ascended to Satya Loka from where they used to come to our Earth astrally and guide us. A time came when we were not able to cognise their presence when they arrived upon this Earth to guide us astrally. At that point of time they selected 144,000 persons who were still able to see them - they became the workers of the Rishis, and through them they guided humanity. Shri Ambarisha Varma is one such worker through him all this information is being given to you.

The descent of the worker

Shri Ambarisha Varma (AMARA) was born on 1st February 1919, it was *Shravana nakshatra* and the lagna was *thula*. His parents were Bheemappa Varma Desai and Saraswathi Bai. The place where he was born is Panchavati in Malleshwaram, Bangalore. It happened to be the house of his maternal uncle. The importance of this place is that it was later purchased by Sir C.V. Raman, who was none other than Atri Maharishi one of the Sapta Rishis.

The reason why Sir C.V. Raman was to buy the home and be there was because just 120 feet below the place there was a cave which was designed by Rishis to accommodate Kapila Maharishi who is an Amsha of Maha Vishnu doing tapas continuously in different locations on the earth, and because of this a person of equal status had to be above in the building, so Sir C.V. Raman occupied the place. When he was there in that home seven birds about 4 feet tall used to fly down every year in winter and he used to be walking with them and

strangely the year Sir C.V. Raman gave up his body the birds stopped coming, as narrated by Lady Raman. AMARA was brought up with all love and care and he had a younger brother of the name Ravi Varma, two years younger to him. After the delivery of the second child his mother gave up her body. He was brought up by lot of servants in the house and his father being the chief of Kaujalgi Samasthana had hired special tutors for different subjects to attend.

Persona of AMARA

In my association with him from 1974 to 1982 I will state what I have observed and what I have learnt. He was majestic and always calm and a gentle smile played on his face. For about 6 years I have visited his abode daily in the evening from 5:30 onwards, so I had the opportunity to observe and learn many things. He explained certain things through words and many more things by his appearance and action. One thing which was observed was that everyday I used to plan some questions to ask him, and from the moment I saw him all these questions would not have been asked, but somehow in his conversations all things would have been answered. One thing which I can state is when you get into his presence you are completely taken over by him. It is as though you are absorbed in his aura. From that point onwards whatever is asked through you and answered by him is completely controlled by him. Some questions answered are presented in this book.

1. Anand: Sir I am in Bangalore since 1958, why is it that I could not meet you earlier?

AMARA: The Rishis declared to me that in April 14th 1974 Satya Yuga has commenced, the

transition period being 432 years. I was directed by the Rishis to gather the people connected to me who are around, and continue the activity of the Rishis. So I gently thought “all those who are connected to me should come to me”, and that has brought you to me.

2. Anand: Sir you say that the Rishis are our guides. Can we see them?

AMARA: With a smile he answers, “first you regularly meditate, when you are ready they will appear to you.”

3. Anand: Sir, how do they look?

AMARA: They are in their light bodies, when they visit the earth they are tall and handsome with free flowing hair up to the shoulders. They don't have a moustache or beard. The only way you can tell the difference between two Rishis is through their eyes.

4. Anand: Sir, can you describe Vishwamitra Maharishi, how does he look?

AMARA: His body glows with a light of molten copper he is 72 feet tall and if you look into his

eyes you will feel that you are being absorbed into a universe.

Descent of Vishwamitra Maharishi and Parashurama

There was a time when the Sanakadhi Maharishis visited Vaikunta. A divine personality appeared before them and made an application, “Oh great sages you have the facility to meet Maha Vishnu whenever you want. I have a request, would you please place it before the Lord? Everytime the Lord goes down to Earth I am used to destroy the evil forces, yet I do not get any credit.”

The Sanakadi Maharishis put forth this appeal of the divine person when they were in the presence of Maha Vishnu. Maha Vishnu in his all humility and magnanimity spoke thus, “In my busy schedule I might have forgotten to honour the concerned individual you speak of, I invoke his presence so that I may honour him immediately.”

Sudarshana chakra manifested before him in a divine form and Maha Vishnu praised him and said that I understand you need to be honoured. I will not go down

to the earth, Bhoo Loka, instead you will do the work of destroying the Asuras; and Narada is the witness. He will communicate your progress to me.

Sudarshana chakra descended as Kartavirya Arjuna. He was a very powerful king and he had subjugated all other kings and had become an emperor. Once Narada Maharishi visited the palace of Kartavirya Arjuna and appreciated the work he had done. He told Kartavirya Arjuna, “You have subjugated most kings except Ravana, your work is complete only when he is vanquished too”.

Kartavirya Arjuna went to Lanka and challenged Ravana, defeated him and brought him to his palace and tied him to a pillar. Ravana who is a very good orator spoke sweet words about Kartavirya Arjuna and appreciated his valour, and declared, “You see, the complaint against me by people is that I disturb the Rishis doing their Yagna. In reality is what I am doing so bad? Why should I perform Yagna for the Gods? Why should they be flattered by the yagna? So I stopped doing this yagna.”

Meanwhile Pulastya Maharishi appeared and appealed to Kartavirya Arjuna to release his grandson.

Kartavirya Arjuna misunderstood this incident completely. He thought Narada had sent him to fight Ravana only to learn this wisdom of Ravana. So he started ruling the subjects like Ravana, an Asura, troubling the Rishis.

At the time Brighu Maharishi was residing in the South of Vindhya, so the Rishis crossed over the Vindhya, leaving behind their ashrams to escape Kartavirya Arjuna's rule. Brighu Maharishi had a son whose name was Richika, after having trained him in all the aspects of Dharma, Vedas and Agamas, he declared, "Now you are ready to establish your own ashrama, pick up students and guide them".

So Richika moved further into present day Gujarat and established his ashram in a forest.

One day when he was sitting under a tree and relaxing he saw a palanquin being carried by bearers and few assistants along with them he saw a lady exceptionally beautiful so he fell in love with her instantaneously. He came to know she was the daughter of King Gaadhi who was the ruler of that area. He approached the king and announced himself as the son of Brighu one of the Saptarishis, and he would like to marry the princess and pursue his righteous living. The king was slightly disturbed because he did not want to give his only

daughter to a sage in the forest, yet he was scared that if he refuses these people may curse. So to solve this dilemma, he said, “I will give my daughter in marriage if you can bring one thousand white horses with black ears”. Richika immediately declared that he would have it the next day.

As soon as Richika returned to his ashram, he requested Lord Varuna to make the arrangement for the horses to be delivered to the stable of the king.

Now the King Gaadhi was in a dilemma: he approached his daughter Satyavathi and narrated all that had transpired. Satyavathi replied, “Since he has done the impossible, he is worthy of my hand, and I shall marry him”.

The marriage was performed with all pomp and glory. Having lived several years in the ashrama of Richika one fine day he declared to Satyavathi that “I need to go into Himalayas to do intense penance for the welfare of the world so please permit me”.

Satyavathi said “Sir, I am the only daughter of my father, and we don’t have children, I request you to bless me with a child before you go; and bless my mother too with a child”. Richika whose spiritual energy was

equivalent to a brilliant sun precipitated that brilliance into two small containers of liquid.

He gave one to his wife to be taken at sunrise the next day, and the other one to be given to her mother, specifically pointing out the exact containers.

He moved out of the ashram. Satyavathi with all happiness came to her father's kingdom, and gave one container to her mother, and one she consumed, both of them looking at the sun at sunrise; as was the injunction given by Richika. When she returned to the ashram she was surprised to find Richika still in the ashram.

He called out to Satyavathi and said, "You have committed an error. You have interchanged the bowls which I gave you. Because of that you will deliver a son who will be a fierce and violent warrior, and your mother will deliver a son who will become a noble and non-violent sage."

Hearing this Satyavathi was aghast, she requested Richika to postpone this warrior son to the next generation and not to her. So Richika agreed, and left to the Himalayas to do Tapas.

Kaushika was born to Satyavathi's mother who later became famous as Vishwamitra Maharishi. Satyavathi gave birth to Jamadagni Maharishi whose son was Lord

Parashurama. After several years Satyavathi was waiting for her husband's return. Eshwara and Parvathi were moving in the Akasha Marga and Parvathi remarked to Eshwara, "Swami, this poor lady is waiting for her husband, not knowing her husband has ascended to Satya Loka having finished his penance", Eshwara smiled and raised his Abhaya hasta and sent some energies towards Satyavathi, she was transformed into a bird and started flying around repeating "*Richika Richika...*".

This event was noticed by Shukracharya, the Daitya guru, and he hatched a plan. He sent his disciples to Patala Loka. There is a dragon bird which lays black and white eggs simultaneously, and he had that brought to Bhoo Loka and placed these eggs in the nest where the Satyavathi bird was residing. The bird thinking that it is her own eggs started giving all the warmth to hatch the eggs. It is a 21 day cycle.

On the 20th day Eshwara and Parvathi were passing along the same Akasha Marga. Parvathi brought to the notice of Eshwara what Shukracharya had done. Eshwara smiled and raised his Abhaya Hasta, and with the emanating energies he transformed into stone, the bird and the eggs. He explained to Parvathi they will

remain in this condition for 50,000 years, at that time the Rishis will take care of it.

In the year 1976 Markandeya Maharishi called AMARA and told him that today you go to a forest area in Madhya Pradesh, where you will find a portion of the temple *Gopura* where this bird and the eggs are located.

So AMARA approached that spot, he found the eggs but the bird had flown. AMARA took these eggs and presented it to Markandeya Maharishi. Markandeya Maharishi said you take this to a particular cave on the banks of Yangtze Kiang river in Central China where you will see a majestic dragon. Go and gently place it before the dragon and watch. This was done by AMARA.

It was a huge cave, well lit with a lot of people moving around - so he silently placed it before the dragon whose eyes were closed, and AMARA was watching the dragon open its eyes, saw the eggs and swallowed it, and after sometime spit out the eggs whole and unbroken, and closed its eyes. When AMARA picked up the eggs they were very light. Without breaking the shell the dragon had consumed the energy of the eggs.

AMARA returned to Markandeya Maharishi's cave where Vasishta Maharishi and Markandeya Maharishi were discussing some matter. They invoked Anjaneya

and all of them went to the spot where they had picked up the eggs. The spot was cleared, Vasishta maharishi arranged a platform to do the Yagna. When the fires were lit Vashista Maharishi used some mantras by the power of which Richika bird was attracted to the fire and dived into the flames. And from the flames emerged Satyavathi with the same beauty and glory as before. All of them returned to Markandeya Maharishi's cave and Vasishta Maharishi invoked Richika who descended from Satya Loka back to Bhoo Loka. Satyavathi and Richika were very happy to meet each other. They were asked if they would they like to return to Satya Loka, or if they had another plan. They declared that they would like to be born in Bhoo Loka and be in the company of Rishis as Satya Yuga has commenced.

So Vasishta Maharishi blessed them and said he would make necessary arrangements for their descent. Both of them then dispersed as particles of light. Now Markandeya Maharishi directed Anjaneya and AMARA to go to the cave where the dragon was in *Sheenadesha* the present China and observe what is happening. So they saw there is a commotion, lot of doctors were attending on the dragon because from the time the dragon had consumed the egg, it was a fortnight back, for fifteen days the dragon had not woken up, and the people were perplexed. They came and reported back to

Markandeya Maharishi. So he said the next day both of you Anjaneya and AMARA go to the cave, pick up the dragon and bring it to Nagaloka which is Nagaland and handover to the Naga king. This was done - people in Nagaloka were very happy to receive their ancestor who was none other than the Takshaka snake which escaped from the flames in the sarpa yagna of Janamejaya (Parikshith's son). AMARA and Anjaneya reported back to Markandeya Maharishi the entire event and ask him if he could explain what had happened.

Markandeya maharishi smiled that Satya Yuga has come, asuras have no place or work on this Bhoo Loka so I have reversed whatever intentions Shukracharya had, for he had planned that both eggs would bring out a white dragon and black dragon which would harass the people day and night. Now this dragon will sleep throughout day and night for 50,000 years. We can see that from the 80's China is gradually opening up to the world and capitalism is gradually entering into the work and trying to be with rest of the world.

This was given for two things, Lord Parashurama is the guru of Kalki avatara who has descended on earth in 1924 in Shambala Grama. Lot of changes will happen upon the earth all towards establishing Satya Yuga.

AMARA and his mission

AMARA declared himself to the world as the worker for the Saptarishis. Now a question would arise how the Rishis contacted him. He was 12 years of age. For a tonsillitis operation he was given anaesthesia, as it happened to be an overdose, he was pronounced clinically dead. This is as seen on the earthly plane.

At that point AMARA found that he was out of the physical body, he saw an operation theatre, operating table, it was a full moon night he heard some strange melodious music similar to that of the flute playing, and he looked at the moon thinking that it is coming from there. He reached the moon but from there he looked at the Sun and he moved towards the Sun. He passed through the semi molten disc of the Sun which was 16 million degrees centigrade in temperature. After passing through the disc there was a space inside that, where there was an earth rotating.

He landed at a particular place and he saw a grand palatial structure and lot of people moving towards that palace. He too joined the crowd and moved towards the

palace. As he entered the palace he saw a grand Darbar, and on the throne was seated Suryanarayana with his two consorts Chaya Devi and Sangya Devi seated along with the *Ashtadikhpalakas* and several Rishis. Everyone went to the presence of Lord Suryanarayana and performed Sashtanga namaskara, received his blessings and moved on.

When AMARA performed namaskara and stood up he saw somebody standing there and tapping on his shoulder. He recognised him as a friend of a previous birth. So he took him out into an open area where several tents were pitched.

He entered a particular huge tent where he saw seven Rishis seated, and a tall Rishi who was standing. Now the Rishis addressed AMARA, “Why have you come here? You should not come here, go back to your body.” AMARA said, “I like it here and want to be with you.”. However, they insisted, “you have to go back to your body”. AMARA replied, “I will go back if you promise to visit me on the earth”.

The tall Rishi who was none other than Vishwamitra Maharishi placed his right hand on AMARA’s head and said, “I will come and visit you on Earth, now you must please leave”.

AMARA came back to his physical body on the earth. He was discharged from the hospital after the operation was performed completely. He and his brother were living in a house in Cooke Town, Bangalore with several servants. AMARA could not forget the experience of Surya Loka, he was eagerly waiting for the tall Rishi to come and meet him.

It was a full moon night around midnight. AMARA woke up on his bed and saw through the window, a round fireball of burning flames entering his room. He heard a thundering voice that said, “I am here as I had promised, are you ready to see me?” AMARA replied “yes”.

Vishwamitra Maharishi materialised. He was 72 feet tall, the whole building had vanished. AMARA perplexed at this scene went behind the royal chair and Vishwamitra Maharishi said, “Don’t be scared, I will take a normal human size”. He became about six feet tall. From that day onwards he used to appear to AMARA on a regular basis and taught him meditation. This went on for about one year. One day Vishwamitra Maharishi asked AMARA, “Are you ready to take up the work under the Saptarishis”? And AMARA replied, “Yes”. Vishwamitra Maharishi took AMARA to Mount Everest and pointed to the full moon on the sky and told AMARA, go to the moon and come back. AMARA shot forth in a second

and returned back the next second. Vishwamitra Maharishi was pleased and took AMARA to Rishi's headquarters in Mt. Kailash and declared to the Saptarishis who were there that, "I have brought a new worker".

What is to be understood by the reader is that, a worker is always a worker in every birth. The Rishis have a band of 144,000 workers, in two sets, they work in the Bhoo Loka and the Andromeda Galaxy respectively. By turn the batches are switched places to erase the memory of the previous birth. In Andromeda Galaxy there is no Karma, that is why in every birth on this earth they come free of any Karma. The only Karma they have is parental karma, and their descent is planned by the Rishis.

From that point onwards till the day he gave up his physical body on August 25th 1982 AMARA was engaged in multivarious activities which necessitated his travel to several other worlds.

Overall the Saptarishis are engaged in an activity to bring about a shift in the consciousness of people from the effects of *Kali* (ignorance) and to the age of *Satya* (illumination). What AMARA revealed about the works of the Rishis to the members is just one percent of what he did. It was his humility that he said that he was merely a worker for the Rishis. It is Vishwamitra who

came to Dasharatha to seek the help of Rama to protect his Yagna for the welfare of the world. In this context Rama was the worker for Vishwamitra Maharishi. I leave it to the understanding of the spiritual seekers in what pedestal they must place AMARA in their hearts. Even the name AMARA was conferred by Vishwamitra Maharishi and AMARA was always well dressed in simple shirt and pant. Only on *Ramanavami* every day he used to wear Silk kurta and Panchakacham as instructed by Vishwamitra Maharishi.

The work executed by AMARA under the Sapta Rishis required certain spiritual beings to be present with him like a bird has two wings and a tail. The two wings facilitate flying, the tail which is not noticed is responsible for changing directions. These three were in his household in the form of his spouse Susheela Amma, her sister, 14 years younger, Madhu, and AMARA's daughter Maitreyi. I would like to reveal briefly about these three divine beings.

Susheela Bai

To be a spouse of a worker requires lot of sacrifice perseverance and patience. She had all these qualities naturally, that is why Vishwamitra Maharishi selected her to be the companion of AMARA. She is from the household of a Palegar family from Manjarabad, near Sakleshpur in Hassan district of Karnataka.

Born with seven brothers and a sister her parents were M.V.V. Naik, he was a Superintendent of Police under the Mysore Maharaja, and her mother was Sharadamma, a devoted and pious lady.

As there were only two sisters among seven brothers they were given a lot of attention. Especially from her father, who was very fond of her.

In my experience of seeing her from 1974 onwards, she is Sakshaat Annapoorni. For a period of 1974-1982 I have gone to their abode almost every single day. In their home when they say it is Prasad, it is a regular meal or breakfast depending on whatever time you were there. There were three of us who became part and parcel of their family. What I learnt from them was how people should live in Satya Yuga. In today's world if you go to somebody's house daily even for three days, the

treatment and attitude will change, but with Amma she is just the same even today.

The love and warmth which she gave us was phenomenal. AMARA in his busy schedule of working for the Rishis never took note of the mundane needs of the home, everything was managed by Amma. The marriage of AMARA and Susheela Amma took place on 16th December 1950, truly like a marriage of a Rishi and Rishipathni. It occurred in her house in VV Puram simply with an exchange of garlands and doing sashtanga namaskara to her mother, because her father had already left his body.

They went to a temple and proceeded to start their life. AMARA took her to Chennai to register their marriage. He took her to Moore market and presented her with an idol of GopalaKrishna which is there in the pooja room of Manovathi. Her experiences with the Rishis is phenomenal.



*Pooja room at
Manovathi*

Mudhamma(Madhu)

She was 14 years younger to Susheelamma so almost brought up like a daughter as their parents were not there so AMARA and Amma took the role of parents, and brought her up with lot of love and care and affection. She also participated in the work of the Rishis as directed by AMARA.

She was a very good artist and AMARA used to describe different forms of deities which she used to paint. Some of the paintings are seen in *Manovathi* in the pooja room. She was an embodiment of love and used to speak openly about everything. She used to demand things from AMARA and get it.

I would like to narrate one experience. It was her birthday that particular day, she had wanted a special cake which AMARA was supposed to bring. However, because of some urgent work they returned quite late in the evening and could not get the cake, for which she got angry. AMARA pacified her and told her that her birthday will be celebrated in a beautiful way. He took her into pooja room. There was a huge *shunka* (conch shell) placed there, he asked her to close her eyes and

gently open. From the *shunka* came out small shunka shaped sweets gradually moving out as turtles move. It was kesar (saffron) coloured and when it was given to those at home, everyone said that they had never tasted a sweet like this. AMARA said it has come with the blessings of Lord Krishna. She was very much thrilled.

Maitreyi

(Only daughter of AMARA and Susheela Amma)

Maitreyi was born on March 7th 1955 in the star Magha, Simha rasi. A few words about her persona. A very quiet and active person. She has the majesty of the Kshatriya lady and the quietude as the daughter of a sage.

Now she is 64 years of age, yet, she travels 200 kilometers every day, managing the affairs of the ashram in two locations, Nandi hills and Manovathi. Being born in an abode where her father is a worker of the Rishis, and mother and aunt involved in the regular spiritual activities. She was silently observing everything.

In the year 1966 she asked AMARA her father, “Appa I would also like a mantra deeksha from the Rishis”. After a week she was directed to go to Someshwara temple. AMARA went along with her. They went to the northern side of the wall of the temple, there was a particular face which looked like a Rishi’s face, the mouth of which was hollow for about one feet. AMARA asked her to put her hand in that and there was a piece of paper in which

she got the guidance. She diligently practised for a year; in the year 1967 Vibhuti materialised in the pooja room.

AMARA gave that Vibhuti and the pendant inside, telling her that the Rishis are very happy with you for having followed the spiritual practices given to you. As a blessing Vishwamitra Maharishi has given you this. In the jewel there was an indent looking like the tail of Anjaneya. Thus began her inward spiritual journey.

In the year 1970 when she was preparing for her tenth standard she was studying in a room with windows closed. Suddenly she heard the chattering of windows, and abruptly a black ball of light entered the room after throwing open the window. It remained for a minute and shot out of the window. She got frightened and ran down, and was scared to come up again. In the evening when AMARA returned home she told this to him, and without any surprise he smiles. There was a need for an important document to be submitted in the court. I had requested Indira to bring it, so it was Indira who brought the files.

Once she wanted to change her name, so she had made three choices and AMARA told her let us go to the Someshwara temple and see what the Rishis have decided for you. Again from the same face of the Rishis she got a piece of paper with name written as Maitreyi.

In 1970 when Brighu Maharishi was incharge of the works of the Rishis, they could ask questions and the replies used to come in written paper. So one of the questions was about her marriage, but only blank papers used to come. Then when elders in the household insisted that AMARA give a reply, he said that her marriage would be like that of Dushyantha and Shakuntala. Her inward journey was going steadily.

In 1971 she was studying for her exams in a particular room and in the adjoining room Mudhamma had kept all painting materials, and a particular painting of Ganges was in progress. At that point of time nobody was there in the room, but Maitreyi heard the gentle sound of a brush moving on the canvas. She looked at the room and saw that the stainless steel palette was floating in space and the brush was moving by itself. She got scared and came down and reported the same to AMARA. He said there was some corrections required in the face of Ganga so the Rishis were making the correction.

In her inward journey she had experienced the presence of Rishis. Once she had gone to Coimbatore to her cousin's place, she had an experience where she saw two tall Rishis standing in front of her and in the wall there was a clock, the time was 3:00 AM. She got scared and got up and simply declared that she will not meditate any further. When she related this experience to her cousin,

he replied, “but there is no clock in this room”. In fact she had visited her home in Bangalore in her experience and saw the Rishis there. So when she reported to AMARA that she will not meditate further, he said, “if you do not meditate you will repent later”.

Because of her regular practice she used to have premonition. Her experiences are phenomenal. One day she saw an old sage like person coming and telling her, referring to an uncle of hers, “you take care of him”.

This was 13th September 1988 saying, “you take care of him I will take him in a week”. Exactly a week later he had left his body.

AMARA has left the physical body on August 25th 1982. He continued to guide Maitreyi and many others astrally. In 1988 AMARA told her that I am taking you to SHAMBALA, and she was taken there to a classroom like place with long notebooks kept. There was a sage who was addressing the class. This happened daily for three months. One day she noticed in the class, she was not wearing any dress and nobody was. Out of shock she got up, and AMARA told her, “here those things have no meaning”.

Once she was taken to Mount Kailash by AMARA. In her premonition one day she saw a lady searching on the

ground a fallen mangalsutra. When she revealed this to Amma, she said, “why are you seeing such things, invariably whatever you see happens”. Within 2 hours a phone call came that the lady’s husband had departed.

To conclude I would state she is properly groomed by the Rishis under the direct guidance of AMARA. Even during his physical absence she is a fit person to lead the organization.

Experiences

Between April 1974 and August 1982 (a period of 8 years and 4 months) the Rishis had initiated through worker AMARA One thousand four hundred and forty (1440) members from different walks of life.

There have been many ardent seekers of truth who have had varied experiences during the period of his physical presence and after his giving up his body on 25th August 1982, he continued to guide those who were initiated and those who visited the ashrama *Manovathi* and many who simply believed in him. Here I will cite some experiences of members without mentioning their names.

I would like to narrate an experience of mine which occurred after his physical departure. It was in the year 1992, I was living in Ulsoor. Once I decided to be under the embrace of the Rishis I would not do anything till directed. A situation arose on that day - there was not even ten rupees in my pocket to buy milk in the morning, so I asked my spouse to roast some dhaniya (coriander) seeds and make coffee out of that. I went up to my pooja room where the presiding deity was Lord

Krishna, and I told him that, “You are the Lord of this house and Universe, it is for you to make the arrangements, so by evening if you have not made any arrangement I will sell your gold chain and not my ring”. Then I moved on with my daily work; in the process of which I had visited my friend Ms. Fernandes at her home in Thomas town. A Father from the Holy Ghost Church used to visit her home for Holy Mass as she was physically unwell. I had given him some *pranayama* techniques on a previous occasion.

On that particular day, after meeting both Ms. Fernandes and Father Yesudas in Thomas town, I proceeded to another location on Millers Road. After completing the day’s agenda I reached home by 3:30 PM. As I entered my home I saw the main hall filled with lot of provisions, oil and all that is required for the household. I asked my wife, “From whom did you borrow the money to buy all these things?”. She said, “I did not buy anything, this was brought by Fr. Yesudas and Ms. Fernandes and delivered”. I immediately rang up Ms. Fernandes and asked her why she did all this. She said, I swear on Jesus I did not do anything, after you left my place today Fr. Yesudas went to his Church. As he entered the Church he heard Jesus telling him to go to Anand’s house and provide these provisions and household material. As he did not know your house, he

came to me, and we hired an Auto, bought these provisions and delivered them at your place. Many have been such experiences and guidance given by AMARA and Rishis.

I quote this experience because when I put my application to Lord Krishna it is Jesus Christ who fulfills the need. The Rishis are spiritual masters they do not see religion; the only thing which they see in an individual is - are you ready for a transformation? If you agree they will enter your life and conduct the affairs in such a way that you will experience this manifested creation following the path of Dharma and finally be liberated.

Sathish's experiences

During month of May 1980, on one Sunday, as usual Anand and I went to Koramangala. The meditation took place as destined at around 3.00 PM.

The initiations ended and AMARA came out of the pooja room and went upstairs to take rest, while Anand and I sat in the front hall. At around 3.30 PM I suddenly told Anand, “Lets go and meet AMARA”. We both went upstairs, and opened the door of AMARA’s room.

As I opened the door, the scene inside was very different from what we expected. The moment we entered the room, what we saw was an unearthly scene. Susheela Amma was pressing AMARA’s feet and he was lying there - they appeared as MahaVishnu and Lakshmi, and it was so for about 2 minutes, the place was transformed. AMARA looked at us and smiled saying, “you have seen the reality but don’t speak about it”.

There was a boy who used to come to our house daily, known through my wife. He became a member of our household in the course of time. Suddenly he stopped

coming, and I was worried, and enquired about his whereabouts, and then I came to know from his mother that he is likely affected by some spirits. He sits in dark corners and bites his lips till blood comes, and drinks that blood itself. As we were concerned about him, we expressed this to AMARA. Then he said, you bring him to the pooja room where initiations are going on, and the two of you, Anand and I should sit with eyes closed. Afterwards we had to open our eyes and gaze at that person who was affected. This happened for three sittings. In the third sitting AMARA said take an Aarati for this boy and pour it out at the end of the road. When I went to pour, as I bowed down some coins from my pocket automatically fell, and I was told to wash my feet and enter the home. When I entered AMARA said he is perfectly alright and the *drishti* has been grounded. From that point the boy became perfectly alright.

Puttaraju's experiences

After watching Heegu Unte (A Kannada TV program on spiritual mysteries and miracles) one Sunday during January 2015, I visited Manovati. I went into the meditation hall, and sat for meditation amongst other members. On that very first day I had the darshan of Tara Devi of Shambala.

Next Sunday, during meditation I had the desire to visit Shambala and requested AMARA to help me. AMARA asked, “Do you really want to visit Shambala? Then if so, do come”, and so saying, he took me to Shambala. On the way to Shambala, near a Nepali town, we came across a lady selling coconuts and eggs. AMARA asked me to choose, and I chose a coconut. AMARA said you have chosen the right one and can proceed further.

The next Sunday a person wearing a white robe and sporting a white beard, forehead smeared with Vibhuti, and carrying a stick in his hand entered. There was pindrop silence in the meditation hall. He entered the meditation hall, struck the ground with the stick twice and performed a namaskar to AMARA and left. Next Sunday a Devatha like face appeared during my

meditation hall at Manovati.

The next Sunday was *Ratha Saphami* (A festival dedicated to the Sun God Surya). I had knowledge of this, I went to the meditation hall and saw that it was empty. I was alone, and so I sat in meditation. AMARA appeared in front of the photo wearing a white half shirt and brownish pant and said, “You are not alone. I am here with you, there is no need for anyone else”.

Every Sunday I get the visuals of those who come for the coming Sunday. On one Sunday as I was meditating at Manovati, at the meditation hall, I had a darshan of Maha Vishnu in front of the Rudraksha tree in front of meditation hall.

Every Ugadi Maitreyi Amma gives sets of pants and shirts to all Vishwamaitri members. I came to know of the set which was going to be given the previous week itself.

On one Sunday I had the darshan of Shri Krishna as a five year old boy during my meditation at Manovati. When I am blessed with a message or a vision of the place, I go beforehand itself. I am ever grateful to AMARA as he is always with me guiding and taking care of me and my family.

Eshwar's experiences

It was just two weeks since he was initiated into the Saptarishi Marga. On a Sunday he visited a Christian friend. Eshwar was sitting on the sofa at that time, when a father from the church had entered their house which was a regular affair for the last several weeks because the sister of Eshwar's was possessed by some spirits. After 10 minutes Eshwar's friend came out and said, "let us go out". When Eshwar protested since he had just come in, his friend said, "please come out and I will tell you outside". The friend took him to a small Hotel for a cup of coffee and told Eshwar that the Father had said that he was unable to do his practice of driving the spirit in Eshwar's presence in the home.

That evening Eshwar visited AMARA's place and spoke of this event. To which AMARA smiled and replied that "you are practising the Saptarishi Marga this is the highest form of spiritualism. Lower sciences will not work out under its canopy. The reason I am quoting this experience is for Vishwamaitri members to know how blessed they are to be taken under the wings of the Saptarishis. A person merely practices for two weeks and this is the kind of energy which surrounds him.

Shivananda's experience

He was attracted to spiritualism at an early age itself sitting alone and meditating on his own. He used to see the stars, the sky and the solar systems. His mother used to take him regularly to the mutt to hear the *Pravachanas* (spiritual discourses). Though they were non-vegetarians by birth, by choice they adapted to vegetarianism. In the year 1980 near the end of the month of February he was brought to the presence of AMARA in Koramangala, and was initiated to the Saptarishi marga.

He is a very ardent silent worker. He was diligently engaged in the regular stages of meditation. A week before AMARA left his body he had a dream that AMARA was leaving his body so he rushed to Koramangala physically. However in the physical presence of AMARA he could not reveal what he had seen in his dream experience.

On the day AMARA left his body, early that morning he had another experience where he saw a golden ball of light in *Manovathi* between the wells of Ganga and Yamuna, revolving and expanding, and shooting off into space. A little later in the day he somehow managed to

come to Manovathi and saw a lot of cars parked. He came to the spot just a minute before the pyre was lit by Swami Sachidananda. It is as though he was waiting for his arrival and he had seen the experience of Jala Pralaya.



Questions and answers

1. Question: Tamas Samadhi - what is it? Sometimes when sleepiness overtakes one enters a Samadhi state instead of sleep, could this be termed Tamas Samadhi? Is there also Rajas and Sattva samadhi? What are their differences, benefits and uses?

Answer: The gunas are a functional necessity. There are different kinds of activities that man performs. One must be sattvic in thinking, rajasic in action, and tamasic in research. All these three gunas are functional necessities, they have nothing to do with samadhi. When you are in Sama-Adhi (sama - equal, adhi - ultimate), that is “one with the absolute”, which is only possible once one has transcended the body, mind and intellect. All the states of sattva, rajas and tamas guna are only at the level of mind and body. Not beyond, these things don’t apply. Guna athitha - one must go beyond the gunas.



2. Q: Papa, Punya and Karma - what is their relation? Karma can be overcome by will most times, but sometimes does it just have to be endured? For example one has witnessed mantras just being forgotten temporarily or the mind just becoming cloudy and incapable. Is there a way to overcome these even at such a stage?

A: The word Karma is - *kara* = hand, *ma* = mind. The hands which have performed deeds. Every action we perform is judged not by the action itself, but by the intentions behind the action. A soldier shoots the enemy during the war, and a civilian shoots his enemy in the city - both are treated differently even though the acts are the same. The *Papa* and *Punya* is not for you to decide - your intentions decide whether it is the former or latter even if the acts are the same.

Now, karma is an activity which everyone has to do. There is no human embodied being without karma. Even if God comes in the physical form he has got karma. Initially we have very little karma, Gods don't have any carry forward, from previous births. First they pick up their parental karma, then to be in the physical body they pick up other people's karma because they themselves don't do any karma producing actions. People like

Ramana Maharshi, Vivekananda, Ramakrishna Paramahansa have been through a lot of diseases - it was not their karma, they wanted to be in the human body for a longer period of time to help humanity so they picked up their disciples karma and they went through that experience. Now, Karma itself is not bad, it is the currency with which you have purchased the physical body. Anything you want to buy in this world, you need a currency. Even to buy a garland of flowers for God you need money. It simply doesn't happen otherwise. So if you understand this, you see that you have purchased the physical body to be liberated. This is the only vehicle which can take you to God. So use it for that.

Karma is neither bad or good. That is a misunderstanding. There is no person who is 100% Good and 100% Bad. It is just like the peel and the fruit, you can't call the peel useless. In a jackfruit of 10 kilos, 9 kilos may be the peel and other inedible things, only one kilo is the edible fruit. Whereas in a banana you may have 90% fruit and 10% inedible peel. That is the only difference.



3. Q: Why do some people have physical ailments or diseases due to Kundalini shakti? A mild example was Ramana Maharishi, who had a head that wouldn't stop twitching from side to side, which he likened to a large elephant (shakti) entering a small tent (human body). Is the human body incapable of holding infinite amounts of Shakti? What can be done to prepare the body?

A: Kundalini is a self operated principle. In Kali Yuga, Kundalini is zero. Only in 1974 Kali Yuga has ended, only now gradually, this Kundalini will get activated. Now the Kundalini which is believed to be coiled at the Mooladhara Chakra as a spiral, it is Para Shakti, the divine force. Now in the Kali Yuga the human body is only 5-6 feet in height, the Kundalini is organized for 27 feet height of man. When the Kundalini is invoked by force, it is just like putting a Benz engine in a Maruti chassis - it is not meant for that. Now in the Sapta Rishi Marga, the Rishis give their Kundalini shakti, because they are in Satya Loka, they are always in Satya Yuga. They give their shakti, that is why it is active in the great beings.

All this Kundalini business is only marketing - it is only nerve current. It is not the real Kundalini which is a self operating principle. Now like Ramana Maharshi said, his

body was a Kali Yuga body, but the Kundalini Shakti is a Satya Yuga force, so it is mismatched.

Karma is there, but suffering or celebrating is optional, not mandatory. You can be miserable in a palace and happy and enjoying life in a hut. Now your prarabdha karma can only place you in a certain situation, now whether you are unhappy in that situation or celebrating life is up to you. That free will is always yours.



4. Q: Can there be anything done, like exercises to prepare the body if there are any Kundalini problems?

A: Individually don't try to activate the Kundalini. When the rains are there all the wells, lakes and ponds will get filled, so now that the Satya Yuga is here all Kundalini will automatically become active. Leave it to the system to take over. When you are having a piped water supply that is active 24 hours, why do you want to dig a well?

People are only fooling with courses and seminars to open the third eye and activate the Kundalini. The third eye is not a physical eye, it is an intuitional eye that is located in the forehead.

It is an intuitional eye. Independent means to be dependant on the one who is in you. One who is in you is God. Being dependant on him or that is independent. It is wrongly understood as the individual. Every word is most wrongly interpreted and people are suffering.

Like the word Being, “being in God is Being”. What is believing? Be living with God is believing. The only ignorance that humanity suffers is that they are human beings who will have to suffer all this. They are not merely human beings, they are children of Supreme God. This awareness itself will make all the changes.

If you are an American citizen you don’t have to apply for a visa, you can simply enter America, that is all.



5. Q: The tombs of famous saints like Sai Baba, Shri Aurobindo, Bhagawan Ramana still emit their very powerful presence - does this mean they have not yet merged with Brahman? Do they still partly live in their bones? What is the source of this energy, is it pure Brahman?

A: These Mahatmas who are in their Jeeva Samadhis, the only reason they have taken such Jeeva Samadhi is in Kali Yuga people are not able to face their own karma, they don't have the strength. These people are in their physical body but not being the physical body. So they are retaining the physical body only to help the humanity. When they were in the physical body, they have chanted so much of mantras that has consolidated as a spiritual energy. They don't require that energy for their upward journey. Having left that energy, a deity takes charge of that - and the deity is in charge of distributing that energy. Once a deity has taken a form in a particular place, he cannot leave that place until that energy is fully extinguished. Here what happens, people go with a lot of faith to these samadhis, and their faith itself becomes a sort of energy. Let us say you have a disease that you have been suffering for ten years, and you fervently pray to this being, and when you go there your faith or belief has become say 100 units of energy. In many of these places, like at Mantralaya, of Shri Raghavendra Swami, they will require you to stay overnight. Why? When you are asleep then only the deity can enter the subconscious and reprogram the subconscious and your disease will vanish. What will happen, whatever you have to suffer for ten years, they only have to endure for ten minutes. It is like your one day's salary and Mukesh Ambani's one day salary is

different. They allow their body to go through the suffering, but they don't suffer. When you are diseased, you are indeed suffering because of the identification.

They have not gone into the Jeeva Samadhi because of any fascination with the physical. No. To help the humanity. They themselves are not there, there are divine beings who have taken charge of it, and they are dispersing.

Now maybe your disease correction only required 5 units but you have accumulated 100 units, which you will deposit there and it will be given to others. These will have a compounding effect. When Satya Yuga starts, everyone will have enough to be self sufficient within himself, and these things will automatically vanish.



6. Q: Once Adi Shankara was very sick. He had a visitor who had come from very far, who urgently needed his advice on an important matter. Adi Shankara's disciples explain to him that their master is very ill, shivering with fever and delirious and cannot possibly see anyone at the moment. The visitor pleads that he must see their master urgently. This goes on for some time. Hearing this commotion Adi Shankara calls for him to come inside the hut. When the relieved man enters the hut he sees that Adi Shankara is perfectly fit and lucid, completely unlike the image that had been painted for him by the disciples. The man has a long conversation with Adi Shankara on a complex and important topic, and nearing the end of their conversation the man though satisfied, is yet unable to contain his curiosity anymore and asks, "I've noticed since when I came in that you are totally fit, contrary to what I was led to expect, and at the same time there's a wooden seat in the corner there that has never stopped rattling. What is the mystery?". Smiling, Adi Shankara replies that there was a Prarabhda Karma - in this life his body had to go through an illness, but seeing the urgent need of the visitor, he had temporarily transferred the fever to the wooden seat - which was therefore rattling. Can Karma indeed be transferred like that to inanimate objects?

A: Definitely. They are *Peetadhipathis* (pontiffs). They are in charge of the peeta, they always have a cloth tied to a stick. Why do you need a cloth tied to the stick? That *danda* (stick) has got nine knots (*nava dhwara*) - so for them, that is their physical body, the physical body is the soul. They have transformed that as particles of light. So they transfer that karma. Even Kanchi Paramacharya has done that. He has to do his *aupasana*, because he is doing regular *aupasana* for the welfare of the world. Like Vishwamitra told Rama, *Kausalya Supraja Rama Purva Sandhya* ... Get up and do your duty. It is for the welfare of the world, you have to do your duty. The duty of the *Peetadhipathis* is to do all this puja for the welfare of the world. They cannot abstain, if for one day *Paramcharya* does not do his puja *anushtana* the world will suffer. So they will do that. At that time they can transfer their karma to the *danda* and then they can take it back. Though it is not possible for everyone, you have to be concerned for the entire world.



7. Q: When a Mercury Lingam (rasa lingam), idol, stone or other object is consecrated with an energy, it emits it constantly for years. In a sense it comes alive. Does this mean it has become a life of its own? Do such idols and lingams also have karma, rebirth and so on?

A: These material objects are programmed in such a way by sound energy, by Mantras, or by some chaitanya or by Tapas shakti of the individual to download cosmic energy at that point. Cosmic energy is everywhere, like the sun's rays are everywhere but if you take a lens and focus it - it sets fire to things. Like that these energies are installed. They have no birth or rebirth. They exist for a functional necessity. As long as people are using it, it will be there, once people stop using it, it will simply go back into the cosmic energy. Like sun rays if you don't use a lens, it is still there. The sun isn't used up more because you have a lens, or solar heater. It is as simple as that.



8. Q: How is spiritual (shaktipata) or other life energies including trauma and less beneficial energies transmitted through audio, video and even photographs? You can find many videos on youtube where they claim to send healing energy. Is it a material energy - that is, is it mixed in the light and sound, or does it operate non-materially? Can this ever be automated?

A: The greatest machine which God has created is the human body. All these gadgets through which they are transmitting, they are only fooling. What happens - if you believe in that, the transformation happens within you. The energy whatever comes is coming from within - the requisition that you are putting to your Self. If you ask a restaurant for idli or dosai, the dough is the same. As simple as that, it is happening from within. It is never possible from outside. Distant healing is only possible for one who has no requisition for himself. You can pray for other people only when you have no prayer for yourself. Otherwise it doesn't work.

People like Paramacharya, they have nothing to achieve by doing pujas, but they are loading the ATM machine for others to use. They are connected to cosmic energy, they download it and distribute it to people. Everyday

people visit him, and even if he doesn't have visitors he sends it into the system.



9. Q: There are scientists who believe, and also you can find such videos on youtube, that generate alpha waves, beta waves, gamma waves, binaural sounds and other computer generated sounds that claim to bring meditative states or calmness. Can we reduce this consciousness to something purely material?

A: All these are happening because you believe in it. You be living in that. A vigraha, or just a light or anything can be enough. You want to fix your focus on that, ultimately what happens is that because of your focus and your belief, it happens. Nobody can send you anything over these mechanical means. However because it happens for you, you believe that it happens through that technique. You have a Ganapathi temple next to you, you think things happen to you only if you go there. If you sit in your room, it will have as much effect as going to the temple.



10. Q: But does that mean no temple has any sanctity, or sannidhyam? Why do people go to Tirupati over any other temple? It obviously seems to work better for people.

A: In Tirupati there is a Dhana Vastu yantra that has been established by Adi Shankara. When Adi Shankara had gone to Tirupati the King gave him 1000 gold coins, but as a Sannyasi he had no use for it, so he used it for the benefit of others. He created the Dhana Vastu prakarna and he buried it below where the Hundi is kept. That will attract money. So when it attracts money, it is being used for education, charities and so on. Whatever results you get from going to Tirupati are not because you climbed the hill, or you gained any energy there. This Annadhana which is happening there, that is giving the result. So many people are eating, that comes out as the result.

There is an energy that is installed. In the Tirupati and Panduranga vigraha the deity became the idol. It is not sculpted, it precipitated.



11. Q: Then why do people go to Kashi, Ganga, the triveni sangama or to Kumbh Mela? Does this have no meaning?

A: It has a meaning. You must understand all planets are revolving around the Sun, only Earth is revolving around its own axis - no other planet does this. The moon also does not rotate, you only see one side of the moon. If it is not revolving around its own axis, there is no life. On these particular days the moon is reflecting a cosmic energy on these places, and that is getting the crowds. At that time it is there. Moon is going around the sun along with the Earth, it waxes and wanes. The Sun does not wax and wane.



12. Q: Does Vibhuti from a temple, the prasadam, or Ganga jal carry any energy?

A: Yes it carries the energy of the deity. The deity has been installed in a particular way, the energies are self charging - the deity is charged through the abhishekam and rituals done everyday. In Satya Yuga there are no temples, if there is a problem the people will directly communicate with the Gods, the Gods will come down and solve the problem. In later ages people started

getting a certain corruption in their minds and so the Gods' appearances were not being seen. When the Gods came and of 100 people if 90 people were seeing the Gods, the 10 who could not see would go along with the 90, but if it is the other way around they will say, these guys are bluffing. So the 10 who insisted the Gods were visiting installed idols to make the others believe. Slowly when people are once again able to communicate with the Gods they will not need the temples anymore, there is no purpose. You don't go to a doctor when you are not sick.



13. Q: There are the small pyramids in South America where they are not even complete pyramids, but pyramidal platforms. Where these where the Gods would descend? What was their purpose?

A: People from other Bhoo Loka groups used to land there in space ships. It is a launch pad or landing strip for their crafts. Even the Egyptian pyramids is constructed by the Rishis not by the Pharaohs, they protect a certain energy there. The pyramids have a certain energy there due to their shape. The whole world is constructed as three pyramids. The first four worlds are shaped like an inverted pyramid. Then one vertical pyramid, then

another inverted pyramid, and these two square bases meeting together causes eight triangles - the eight triangles are the ashta dik palakas. They are the people who are managing the energies in these things, and the span of one Brahmanda is 18 Billion light years, and that is one Brahmanda, there are several Brahmandas - each Brahmanda is like one hair on the body of Brahman. It is a huge thing.



14. Q: There is a theory made popular by a certain guru that the mantra “Brzee” to invoke Maha Lakshmi was revealed by Sage Vishwamitra to the world after 1200 years of meditation. How true is this?

A: No, it wasn't given by him. What is important is that you want a divine energy to descend, the mere thought is enough. The Mantras are sound energies, and the Rishis are sound engineers, they know what to use where. Now the primary focus of the Sapta Rishis is to make the Satya Yuga happen, they will not give out little cans of water, they are going to make water available everywhere. This is not the age for Mantras.

In Kali Yuga we chant matras, *namasmarane*, in Dwapar Yuga we do *pranayama*, in Tretha Yuga we do *homa*,

yagna, in Satya Yuga it is direct, everyone will directly be in communion with the divine. There is no need for anything external. *Pralaya* is not only external, *Prakriti Laya* means nature will change, now several lands will go under sea, several new fresh islands will come, lot of such things will happen, but that apart it will affect the consciousness of the people. In the new age the people will transcend the body-mind and intellect. So far they are thinking that the body, senses, mind and intellect is everything. Beyond that there is also One. At the level of consciousness it is not that these things will vanish, these three things will be used for what it is meant to be used for. At the level of consciousness you are one. People will reach that level of consciousness where the Brahman that wants to communicate with you is within you. Beyond the bliss and the Self. It will communicate with you. That communication will be established from within. It is just like, when I land up in Chennai with my own driver, I pick up a navigator, though my driver knows driving, but I need a local who tells me where is what.



15. Q: What is the reason for the traditional importance of accurate prayer, puja and meditation times? Or for mantras to be chanted in a certain meter, like Anushtubh chandas. Why do we have these protocols and prohibitions?

A: Each of these is meant for a particular age. It is the age of Yoga. Yoga is being one with the One. Conjoining with that One. This is not the age for these things. The last Kali Yuga was the yantra yuga - the age of gadgets - you see all around. Now, Satya Yuga has started, it is direct communication with the absolute and the apparatus to communicate with the absolute is your own physical body. The greatest gadget that anyone can ever make is the human body. No one can ever make anything equal. With any amount of human intelligence we cannot make another human body. You can think about cloning etc. but these things will have no meaning - you can create a body, but how about putting life in it?



16. Q: In Turkey there is an archeological site called Gobekli tepe which is an underground dwelling for maybe about fifty thousand people, it is carved out of stone and has reinforced doors and other chambers that some archaeologist and scientists have theorized may have been an early form of nuclear fallout shelter. Nobody knows who built it or anything about it. Do you think this is possibly by ancient Rishis? That in the past we had such provisions?

A: No. For all that you know, when it was built it may have been on the surface of the Earth. Due to geographical changes it has gone down. Like Mohenjo Daro civilization has gone down, it was above Earth. Like the KGF gold mines where Sita gave up her body. Where her body touched the Earth it became gold. It is the only place where you have gold in such a small area. Otherwise, in other places, anywhere else, it runs in streaks. Only in KGF, in one spot there is so much of gold.



17. Q: If the Earth is a spiritual body with the various lands being represented by the 112 *Chakras*, then would each region's inhabitants be benefited by practices connected with their local chakra? Will there be a time when the inhabitant of each land will be in touch with the appropriate practice for him or her?

A: No, wherever you meditate it is the same. Brain is in the head, and the heart is below the rib cage. Both are very sacred, which is why you have a skull cage and a rib cage to protect them. Wherever the heart is the blood is supplied to the entire body. Wherever the brain is it takes charge of every inch of the body.

Now this *Shaishumara Chakra* which is below the Egyptian pyramids, every Yuga it is tuned to give out ideas. The heart feels, the brain thinks. The Maha Meru in the Himalayas has been tuned by Vishwamitra Maharishi to give the ideas of the New Age. Let us say everyday at one particular time at sunrise “x” units of energy moves out of the Maha Meru, then it touches a scientist, it will come out as an invention, it touches a poet it will come out as a song or poetry, it touches a farmer he will have a new farming idea. The same energy will have a different effect on each person. Because of this effect you're having young CEOs which was not possible 50 years back. 50 years back, CEO means you have to be above 50. You could not dream of

anything else. It is happening. And the younger generation they are born after 1974, they are equipped with a different kind of Manon Maya Kosha. They are programmed differently. The new age changes are sent through souls who are born after 1974 they are programmed differently. This changes are already there in the hard disk which is encrypted they will bring it out gradually.

Now the biggest crisis for the world is fuel - crude oil and Non Renewable Energy is a big challenge. An alternative fuel is available. The technology to make new alternate energy is already there in the consciousness of the youngsters. They will need to manifest it. It will happen very easily.



18. Q: If all this is already predetermined does that mean that nobody makes any invention, there is no free will and there is no effort by oneself?

A: It is only because of the free will that you have made these inventions. A child is playing with its toys, it is enjoying, what the parent will see is the enjoyment of the child playing with the toys. Not the actual activity of the toys. The higher up also wants this. They are allowing us

to play. However when the child is picking up a dangerous object then they interfere. Like that, now when you are playing with nuclear weapons then they will interfere.



19. Q: What's the difference between an Avatar and a Yogi? Why must a Yogi struggle with tapas when an Avatar can do the same much more easily?

A: Avatars are special beings who are designated by the cosmic being to appear at certain points in time to bring constitutional changes. Yogis are businessmen who have individually worked hard and become rich. A businessman cannot change the constitution, only Avatars can change the constitution. Avatars are manifestations of the supreme being, Yogis are like you and me, through their efforts they can become somebody, but they cannot change the constitution.



20. Q: But then, why do yogis say that a realised being is greater than even God?

A: They can say that - When a child pushes the grandfather, the grandfather pretends to fall down, the grandfather laughs, and the child also laughs - it is a game. The child is a yogi the grandfather is an Avatara. Even the greatest of the Rishis, Vishwamitra Maharishi will not say that he has known Supreme God. He is the one person who can go into Para Brahma Loka and then come back with the same identity and even he will not say that he has known Supreme God. You cannot know, it is not possible, it is not at all possible.



21. Q: Why do sages get angry? Vishwamitra Maharshi is famous for getting angry?

A: No, it is wrongly represented, it is not like that. You are talking about a Vishwamitra who was in his preliminary stages, it is like a child who is crawling, It falls. But now people are only remembering his earliest struggles. Now he is far more superior, our understanding is different. You are thinking they are things of the past, but they are eternal beings. Vishwamitra Maharishi was Jesus Christ. That kind of

compassion, “forgive them for they know not what they do my lord”, he said this to people who crucified him, those who bled him to death. He could pray for them. The same person was Swami Vivekananda.

Even the other religions like Islam, the prophet was a Brahmin - he was from the Maldiv Islands - *malasia* - that was reversed into Islam. He was a Namboodiri Brahmin from Kerala, That is why for the Hajj they wear the same thundu-mundu as the brahmins of Kerala.

Now my relatives are settled in Australia, USA and other places and their children are born there, but down the line if they want to come back to India, I have to accept them as my own even though their accents and habits maybe different, I cannot deny the connection I have with them. We will not deny them.



22. Q: What is the best mantra for the new age if at all there is one?

A: The best Mantra is silence. No Mantra, be quiet. That is the best mantra. Because in Silence God speaks. Like they say, in prayer you speak to God, in meditation God

speaks to you. Listen, listen to him, his one minute of silence is equal to a million books.



23. Q: Since silence is supreme, why do we say that Aum is supreme?

A: If you want to get onto the plane you climb the ladder. Getting on to the plane is your goal, the ladder is not your goal, but you cannot get into the plane easily without a ladder.

Aum is a sound energy that was used for creation. Ah is for Agni, U is for Udaka, Ma is for Marutha. These 3 things are required for creation. Everything happened because of that. Aumkara - Let us say it is the symbol of Para Brahma, if you reverse that it is Uma - Uma is Para Shakti - The mother of creation. It is like a coin where one side you will have only the symbol of the Ashoka Chakra and on the other side you will have the denomination. The symbol side is the Brahman, and the other side, with the denomination is the manifested creation. The manifest and the unmanifest are together. For the sake of manifestation this sound energy was created to precipitate the energy into the Ether, Ether into matter - thus came the creation.

Ether is a semi matter substance which precipitates because of the sound energy and this became creation. That is how it is a sacred sound.

When you repeat Aumkara before any invocation it purifies your body mind and intellect. The Tibetan singing bowl - when you strike it with the Mallet it makes a reverberation that is the Aumkara. In the sahasrara you can constantly hear the Aumkara, Once you transcend the Agna chakra you will hear it. It will be that kind of reverberating sound not like when you repeat it, but reverberation.



24. Q: What is the best method to protect ourselves from negative energies in today's world?

A: Social media is said to be very toxic and there are so many modern situations where one can get depressed or otherwise affected by negativity. People often stuck next to people with very negative energies maybe at the workplace where there is no choice.

The only way for people is to go back to the old ways, to gradually wean away from these gadgets. Meet human beings. There is no use of having 10,000 friends on Facebook, when you are sick only your neighbour can

come and take care of you. Keep in touch with your neighbours, meet people, talk to everybody. When you buy fruits you speak to the vendor, this kind of interaction is required because only human beings can talk. Animals and birds they communicate differently. So you need to talk to people. In Tamil that is a saying, One must laugh aloud, One must speak one's heart openly and if you cannot do either of these things, then that will be the source of all illness.



25. Q: How does this apply to Yogis who are in silence for years together?

A: They are in silence so that they can speak through everyone. A person can be sitting in the Himalayas but in the morning the first thing he does is send his energy to the entire humanity. These people have nothing to achieve they have already achieved. What has happened is that once they have achieved, the higher system says, 'ok, now be of use to humanity. '

“How can I be of use to the world?”, “Yes, you send your energies to the world!”

That is why it is prescribed to meditate during the Brahma muhurtham - between 3:24 a. m. and 5:25 a. m.

At the time the energy sent out to by these beings is in the air, and it reaches you. It will accumulate like your Pension Fund where if you put 10 rupees the government will also put 10 rupees. You get the benefit.

A yogis energy is pure and perfect it will just slice through your consciousness. It is like getting onto the bus early and getting a comfortable seat, you don't have to fight with the crowd. Two things which are important, second, 90% of the population is sleeping - their minds are not active so it is very easy to receive those things. That is why this time is important.



26. Q: Could you please explain the meaning of Om Tat Sat?

A: Om is the symbol of Para Brahma. Sound energy of Para Brahma. Tat is that. God is neither he or she, it is that. Sat is truth - That is the only truth. All the rest is projection. It is not false, the manifested creation is a changing reality - The Self is an unchanging reality. You are not going from falsehood to truth, you are going from a lower truth to a higher truth. There is nothing called false. Assume that creation is Maya - fine, but that Maya is a functional necessity. When we produce gold

ornaments we need copper to make it strong and functional. It does not dilute the value of gold, it makes gold into a utility. As nuggets or biscuits of gold it has no functional value, it only has store of value.

If you want to eat a rasgulla and I give you the taste of eating the sweet but not the sweet itself it will be lacking. Having Maya makes the experience complete.

Don't fight with Maya, Maya is also another form of your mother. Another function of your mother. Approach her as your mother and she will give you the benefit of this manifested creation and also take you to the unmanifest. Don't fight with Maya she is your mother. She may be strict with you, That is ok, the strictness is used only to set you right, not to punish you.

She may pretend to hit you, but she will never hit you. She will hit you and she will cry.



27. Q: Are spiritual practices necessary even after enlightenment?

A: After enlightenment whatever you do is spiritual. There is no material and there is no spiritual, whatever you do you spiritual. With a purity of heart and clarity of

thought whatever you do you is punya. All prayer and poojas are only surrendering to God. You are surrendering to God to be God. When you are God what is there for you to do you just have to be.



28. Q: Are there levels of enlightenment? Several spiritual traditions seem to grade degrees of realisation, what is the most relevant approach in today's time?

A: There is no degree of enlightenment but for the enlightened being there is a degree of their manifestation of the enlightenment in the world.

If I give 10 people 1000 rupees each, how they spend it is up to them. There there will be differences. one person may buy a lot of plant saplings and go plant them in the forest, another person might take a water tanker and go offer water to people, somebody else might say I will blow it all up on a bottle of whiskey. There is a difference here.

Normally once a being is enlightened, they realise that they are extensions of the supreme God and so they will not do anything on their own. Once you are enlightened

you don't even exist. Only that exists, and that will take over.

A concrete roof is held up by several pillars, all are holding up the same roof slab, but no single pillar can hold it all up. If the slab is Brahman then each of the enlightened beings is one pillar. It is so that other people can come under that and get shelter. Every enlightened being shelters others under the canopy of Brahman.



29. Q: Maharishi Mahesh Yogi had enumerated several states of consciousness such as cosmic consciousness, Unity consciousness, God consciousness etcetera and so too in Theravada Buddhism there are four stages of enlightenment.

A: Each country and culture has its own cuisine and food preferences and times when they eat, but everyone is only eating food to satisfy their hunger. When you go to the mall you will be shopping for a shirt, and the store keeper will show you many kinds of shirts but in the end they are all just shirts, and all you want is a shirt. Nowadays there is a lot of marketing for this kind of spiritual business. So they need to classify into different grades. When you receive food at home there is no

marketing, when you eat food outside there is marketing. At home there is no bill for even the grandest banquet but even a glass of water given with love is greater than the biggest banquet at a posh restaurant.



30. Q: How does one recognise enlightenment? Is there a physical change or is there some kind of cosmic event or visual image? What could be said to be the moment of enlightenment?

A: The word recognise what does it mean? You are cognising again - re - cognise. You have forgotten who you are, so you are recognising the truth. You remember the original member. You have forgotten that you are an extension of the original member so you Remember.

Why have you forgotten? Because you are “for getting”, so you have forgotten. If you are “for giving” you will be forgiving. There is nothing for anyone to achieve this is what humanity keeps forgetting. We are only here to suffer - This is the only ignorance that humanity carries. The only wisdom that people should have is that we are children of the supreme God and we are here to experience the manifested creation of our mother Para Shakti.

This awareness alone will free you of all things. All other procedures are only to get this awareness - this awareness can be caught just like that. It can simply come, just like that.

Since you are the child of the supreme God, the supreme God is always aware - You are in doubt. So you want to learn for yourself. Member - remember.



31. Q: What is the origin of the 144,000 light workers or Rishi workers? Did this happen at the same time as creation, or did this come later? Will this evolve over time?

A: This came at a later portion of creation. The seven sages, the people who had come along with us, they were here to guide us physically on the Earth. Then a time came when we had gone through several births and they were still in their single birth and they wanted to leave their physical bodies. They chose to be born in Satya Loka which has got a similar time like ours, but one year on Earth is one day in Satya Loka. So they could come astrally, and come and guide us. As they were coming astrally, they are lighted beings so we could see them and we could communicate with them.

Down the line our residual Karma on the Manon Maya Kosha became so much that we could not see them. They had difficulty in communicating with us, so then they selected amongst our people some people who were still able to see them. They selected 144,000.

Why 144,000? Each zodiac sign has got the vibration of the other members of the zodiac sign which they can attract. They selected 12,000 from each of the zodiac signs - it is given in the Book of Revelation. 12000 multiplied by 12 is 144,000. They selected two batches of such workers, and through them they guided humanity. It is their responsibility to guide humanity as and when required, as per the requirements of the age. At any point of time when you want to be liberated the process is available. It is given through the workers of the Rishis. One batch operates on Earth and another batch operates on the Andromeda galaxy, they will come here and these people will interchange. This activity is only to remove the memory of their previous existence.



32. Q: Why are there always only 144,000 workers? Shouldn't there be more or less depending on the current human population of the Earth?

A: When an area is earmarked for development, and they install transformers, they know the development that is going to happen in the future and they install the capacity accordingly. Initially, in an area you may find only four or five houses, and later there maybe five hundred houses, but the transformers are capable of handling all five hundred houses if they are occupied.



33. Q: What is the correct way to pay obeisance to the Sapta Rishis? How can we invoke their guidance and support in our lives?

A: When you sit and meditate, you light one agarbatti, you think of the Rishis and they will be there. Only thing which they injunct is that you must meditate at the same time, you cannot keep changing the time. Because when you take up a time, they will come there. You may not initially know their presence, but you will know that something is there which you are not. Down the line you will come to know. It is not that one particular Rishi will come, some Rishi will come. Just like if you get a

courier from the courier company, it is not necessary for the same delivery person to come, but someone from the company will come to give you your delivery. All the Rishis, they operate under the Sapta Rishis, and they will come. All the Rishis - their spiritual elevation is so high, wherever they are they can communicate with everyone simultaneously if they want to. If Vashishta Maharishi chooses to communicate with the entire humanity, he can send one thought in a fraction and it will reach everyone. Everyone will think it is their thought, they will not know it is from Vasishta Maha Rishi.



34. Q: Can all human beings become enlightened - that is, are there any who will never realise it? What about the souls who have come from Para Brahma Loka and those who have not?

A: No. Everyone is light - he has lost the awareness that he is light. He thinks he is the gross body. The souls who have come from Para Brahma Loka, they can be human beings any number of births. The souls which have come through evolution from a smaller life or whatever they are eligible for seven human births. These are given the Manonmaya Kosha when they get the human body. However there are some set of souls which are two thirds

of the world population right now, they are given a human body because they asked the creator, Brahma for a human birth. They asked the creator Brahma, “you have created us for the sake of the human beings who are coming from Para Brahma Loka, what do they get out of us, we would like to know. “ Brahma said, at the end of Kali Yuga I will give you one human birth, you will come to know. But they were not given Manonmaya Kosha. They got a human body, but because they don’t have the Manonmaya Kosha they have no power to discern things.



35. Q: But then, will that be a barrier to enlightenment?

A: No. They have no need for the Mano Maya kosha, they will be recreated as what they were. It's only one birth for them. The people who are equipped with the seven births because they have progressed through evolution, they are given the Mano Maya Kosha and therefore they have the ability to discern. In the seven births if they do not get themselves enlightened then if they show some tendencies of a lower nature they will be reborn according to that nature. They will be born to that

species whose tendency they most match and they will have to restart from there.



36. Q: Is it always two thirds of creation or is it only now?

A: It is only now. Towards the end of Kali Yuga. Our country India's population in 1900 was 30 crores. 1947 it was 32 crores. Now from where did we get 1.35 billion people? What has happened is that you have razed down the forests left right and centre and where do you think they will be born? They will be born as human beings, where will they go? They are only familiar with this land, and they will only look for a house here.



37. Q: Can human beings create a God or deities? What is the yogic process of creating them?

A: Why would a God want to create another God? When you have realised that you are God why do you want to create another God?



38. Q: Then why is that that famous Saints like Adi Shankara have created deities like Kanchi Kamakshi?

A: They have done this for the benefit of humanity - for people to understand and for people to benefit. Kamakshi what does it mean? Ka is Saraswati, Ma is Mahalakshmi - People need wisdom and wealth. They have installed the deity that will produce wisdom and wealth - Wisdom to deal with your life and wealth to live your life. And they have set up a certain process - like you teach a child how to brush his teeth. It is that simple. These things are established not for their purposes but for the necessity of others.

There is only one Supreme God and for a limited purpose the only Supreme God has been installed in a certain form in a certain Temple.



39. Q: Do deities take on karma? How do they help those who pray to them to rid their negative impressions?

A: They don't have to take on Karma - they can completely destroy it. They are capable of it.

The Godhead is in everyone, you owe about 3 crores of Rupees to 300 people - this one being when you surrender to him, he will see that they all get their money. Just as an example.

Rishis and Gods will not interfere in your karma normally - they will only do so when you are completely surrendering to them in order to do something for others. Then they will interfere. Not for everybody you must be eligible for it. To deserve their grace you must have done something, You must have served. Only when you serve you get their grace.



40. Q: Is there a karmic cleanliness requirement to attain samadhi? Some of the varnas should not attempt samadhi it is said, they should only do nama japa and so on.

A: This was in the previous age and not in Satya yuga. It is not applicable for this age. The varnas are going to be ineffective in Satya Yuga. Everyone will be realised. Everyone will be in the company of God. Who is more close to God? There is nothing like that everyone is equally close to God. The sun shines on the entire population of the planet the same way - no matter who looks at the sun they see the same sun. They experience the same benefits.



41. Q: What was the reason for the creation of the varna system?

A: The Varnas are only occupational distribution depending upon their inbuilt capacities. People who are only in their physical body and physical senses can only do physical activity, they were given such kind of activity. People who had shrewdness of mental acumen were given that kind of activity. People who are very valorous and bold, and could use the intellect, mind and

body were given another kind of activity. People who were able to use all the four capabilities were given another kind of work.

Sattvic, Rajo, Tamo guna - People who were always very Sattvic, who are not capable of Rajas and Tamas - they were given one kind of activity. Sattvic and Rajasic were classified as another varna. People who were only Tamasic were given one activity. You must understand that Tamas is not inferior and Sattva is not superior.

Some activities require letting it be - for example if you are making curds then you need to let the milk rest after inoculating it with some curd. Now churning that milk for butter is Rajasic. Lighting the lamp with ghee is Sattvic. What is superior and what is inferior? There is neither superiority, nor inferiority.

Sattva, Rajo, Tamo guna Is a functional necessity of creation. When you go to sleep you are drawing Akasha Prana - is that really Tamasic? Two hours after sunset you must sleep and two hours before sunrise you must get up. Between sunrise and sunset there should only be material activity don't do spiritual activity. Do the spiritual activity before sunrise and after sunset. You prepare yourself. The Deiva is Purusha in the day time, and after sunset it becomes prakriti. That is why in the evenings you practice music, veena and all that in the

lalithakala. In the morning you say Rudram, Chamakam and all that sound energy. In the house where they say the Rudram, Chamakam, they will fill the house with so much activity and strength in you.



42. Q: What is the fastest way to clear one's karma in this age?

A: The easiest and best way is to surrender to God 100%. Even 99. 99% is zero surrender. Your surrendering to God should be like a fish surrendering to water. The fish cannot live outside of water.

As Krishna says to Arjuna in the Bhagavad Gita, Bg. 9.22

अनन्याश्चिन्तयन्तो मां ये जनाः पर्युपासते ।
तेषां नित्याभियुक्तानां योगक्षेमं वहाम्यहम् ॥ ९.२२ ॥

ananyāś cintayanto mām
ye janāḥ paryupāsate
teṣām nityābhiyuktānām
yoga-kṣemaṁ vahāmy aham

Synonyms

ananyāḥ — having no other object; cintayantaḥ — concentrating; mām — on Me; ye — those who; janāḥ — persons; paryupāsate — properly worship; teṣām — of them; nitya — always; abhiyuktānām — fixed in devotion; yoga — requirements; kṣemam — protection; vahāmi — carry; aham — I.

Translation

But those who always worship Me with exclusive devotion, meditating on My transcendental form – to them I carry what they lack, and I preserve what they have.

*(Source: Bhagavad-gītā As It Is,
A. C. Bhaktivedanta Swami)*



43. Q: How will one know if one has surrendered fully like that?

A: When you don't resist you will know you have surrendered. Only when that alone exists you have fully surrendered.

Arjuna after having received the entire Gita from Shri Krishna, he was in a confused state. You have said so many things, karma yoga, jnana yoga, Bhakti yoga, I have not understood anything. Can you tell me a simple method by which I can know the truth? “Forget everything”, said Krishna, “simply surrender to me. I shall free you from all bondages.”

The next he says “*aham ātmā guḍākeśa*”, I am the Self in all beings.

Now surrender, this does not mean surrendering to some God on top of some hill, no surrendering to your own self. Now even if we look at the picture of Shri Krishna in the chariot, the chariot is the physical body, the horses are the senses, Arjuna is the mind and Krishna is the atma.

He comes out. He sends out the mind, but when the mind is going out we are stuck inside. So Shri Krishna comes out, the absolute truth comes out. When the mind listens to the Self, you are Shri Krishna. You are guided by Krishna.

The word Krishna itself, *Krishī* is action. *Na* means no action. When you can act without acting, without reacting, you are Krishna. Most people are only

Duryodhana, they are only reacting, there is no Krishna.

Now Arjuna was confused, the mind is likely to be confused, there is nothing wrong in being confused, but you must clarify. If you are poor, you don't learn from another poor man. Your poverty will only double. Instead you approach a successful rich friend and learn the path to riches from him.

Like that if we are not able to handle our minds, let us hand it over to one who is able to handle it.

If you have a car and you don't know how to drive properly, you don't drive it anyway and run the risk of meeting with an accident, you call for a driver. Like that the only way to call for a driver to drive your mind is to utter the name of the Lord. To call for God. For human beings once we are born, after ten or twelve days, we are given a name. For God it is not like that. The name is given first. *Rama Nama* came first Rama came later. *Vasudeva* the name, came first. Shri Krishna came later.



44. Q: And that is also enlightenment?

A: Naturally. It is not difficult because God is not sitting somewhere on some mountain it is inside your own self. You are allowing Krishna the custody of the horses and the Chariot - that is the body and the senses. The mind is Arjuna, and Krishna says listen to me I am the soul. Don't worry if the enemies are in the hundreds we will vanquish them.



45. Q: What is the utility of amulets, charms, gemstones and other astrological or religious devices that ward off evil?

A: The human minds have become so weak that they always want something outside to support them. That which is inside needs no support it is self supported. I won't say they have no value, they may have a little value, but in this age none of these things have any value. Yourself is equal to a billion Suns. When you look at this one Sun, it will stimulate the other billion Suns in you.



46. Q: What about Rudraksha Malas, spatika malas, and other natural beads and crystals?

A: As I told you, you needed a crutch when you had a fracture. Now when the leg is alright there is no more use of the crutch, for what? All these things are not necessary for the Satya Yuga. From 1974 onwards satyuga has started and these 432 years transition is for the Geographical changes not for the change of the human being.

If you hear on the news that a Tsunami is going to hit Chennai, it is 80 kilometres away, what is the first thing you do you packup and leave. You don't think of your TV and all that, at that time, you forget all that, you just go.



47. Q: Then why is it that after 1974 that wasn't a huge wave of people turning spiritual?

A; Do you know who is spiritual? Do you think spiritual is only going to the temple and advertising their spirituality? Simply doing one's job, and realising they are the spirit is enough. A shopkeeper who opens up on time and throws away the old and stale goods and does not sell them, and does not over charge his customers,

and gives charity everyday is as spiritual as any *Matathipathi*.



48. Q: Could you speak about the Tower of Babel, I have heard there are similar stories of a single unified tongue in Akashic records?

A: From the stone age we have come to this level gradually, first of all we didn't know how to speak. In that process these things have happened. That is not very relevant now. Communicating with words is the lowest. Communicating through sight is higher, and in the higher worlds, communicating through thought is the highest. There are worlds where your thought is loud and clear to everyone. When that being the case, there is no question of any wrong thought, because everyone knows what you are thinking. Even here we are morphically connected. We think we have individual minds, yes, we do, but the individual mind is embedded in the collective consciousness of Brahman. Just like Krishna said, "*among the Indriyas I am manas*", mind cannot be divided, you are operating in a portion of his mind, so he is always aware of what you are thinking.



49. Q: Why can we not all just be given this capacity to understand each other's thoughts, and then we will all be honest? Why is it not given without effort like the other senses?

A: These things happen with the age - in Satyuga it will be like that. We are coming to that new age. Even in your home your mother is sitting there quietly, and suddenly you get the thought to go give her a glass of water, and she replies, "thank you so much, I was just thinking of drinking some water, it was so timely." You are able to communicate that because you think she is yours. She belongs to you you belong to her. If you extend that to everyone you will know everything. It is an extension of consciousness.

Since we are all connected, then why is it that there is so much variety? Why do some people have spiritual tendencies and others are more worldly and why do some have less Karma and some others have more Karma?

Everyone has got the freedom everyone wants to experience different things. Accordingly a package is given that suits their Desire. If I only want to buy some

groundnuts I will not take 10 lakh Rupees with me, it is enough if I take 10 rupees. If someone else says, why don't you have a pizza it is better, I will reply that I don't want it.



50. Q: You've mentioned that the Kali Yuga can support physical bodies for 120 years, then why is it that some great spiritual beings like Swami Vivekananda, Adi Shankara left the body rather early?

A: Their work was over. Whatever purpose for which they came has been accomplished. The work that Adi Shankara and Vivekananda left behind even now the world has not understood.



51. Q: What is the right thing to do in the face of chronic and terminal disease? Should we accept the modern invasive medicine that keeps us alive at great effort, or should we accept the early end?

A: When the time comes for a person to go, he will definitely go, all these things cannot keep the person alive. All these equipments are only fooling you.

Whatever money you have made out of your karma is being given to these people. The date and the second on which we have to leave is already fixed we cannot extend it by even one second.



52. Q: How is it that some Gurus can bring people back from the brink of death?

A: They are merely postponing the karma or bringing the karma from the next birth into this.



53. Q: What must one do to leave the body voluntarily in samadhi - that is choose the time, date and place of death?

A: If you are aware who you are then all that is possible. Once you know who you are then you will know everything automatically. There is no process for this. It is just like learning to balance on the bicycle. You may get it on the first try or you may have to fall several times.



54. Q: In Hinduism and Jainism there is the practice of fasting unto death namely *prayopavesha* (Hindu) and *sallekhana* (Jain). It is said to provide spiritual merit, especially when one is old and weak.

A: Their system has given them that practice. Because they think it will do good to them it will help them but it is not necessary. Like the Buddha found the middle path, he fasted, he struggled and then he said no.

You are travelling in the physical body, are you not capable of taking care of it?

First thing you do in the morning you sit in the bed and rub your palms and cover your crown with both palms and send golden rays of light through every single cell in your body, and mentally thank every cell in your body. We have got maybe 135 trillion cells - thank them for the work they are doing and offer your appreciation for the work they are doing. You may not know what the kidney is doing, what the spleen is doing, what the liver is doing. It is a world by itself, they are unaware of what the others are doing. Every cell is alive by itself and it has got its own intelligence and decision making.

What is Cancer? One cell says I don't feel appreciated, I won't work. Then the neighboring cells also protest, and then they begin to live on carbon. There is no answer as to why the first cell strikes work. Because it is a thankless job. Thank your cells daily and you will never get cancer.

The biggest and greatest doctor for the Satya Yuga is the Sun. *Jagadheka Chakshushae* - the only eye of the world. He has no form - if you project him into the film of Maha Vishnu he will appear as Maha Vishnu on the screen, or if you project Eshwara he will appear as Eshwara. Even in the Aditya Hrudayam we say that he is Brahma, Vishnu, Shiva. We are there.



55. Q: What is the purpose of marriage?

A: Really if there is a right kind of pair, then 90% of you is in the spouse. 90% of her is in you. You find this in 36 years. 24 +36 years is 60. Then you celebrate 60th birthday as an anniversary. Both of us have become complete, we have become 200%. That is the reason to celebrate, because you have discovered the other person in you.

It doesn't happen at once. I find myself in her little by little, she finds herself in me little by little. Then both of us are completed. The boy is around 24 the girl is around 22, that is the ideal age for marriage. In the next 36 years they will discover each other.

Find yourself 100% in each other and then you are complete.



**56. Q: But then how does one become
Ardhanareeswara?**

Ardhanarishvara is not geometrically half. You must be Satvik in thought - that is feminine, rajasic in action - that is masculine.

When you cut vegetables you can be harsh or gentle. Gently cutting is feminine.

People today speak a lot about equality. But it is just words there is no respect from within. Merely writing it in the law does not make equality happen, it can only provide equality of the material sense.

Equality is respecting everyone for what he is doing. If I take an auto rickshaw to the railway station I will say thank you to the auto driver. I respect him for what work

he has done. Respecting everyone for what he is is equality. This is only possible when you know that what is in you is God. Everyone is God only packaged differently.

